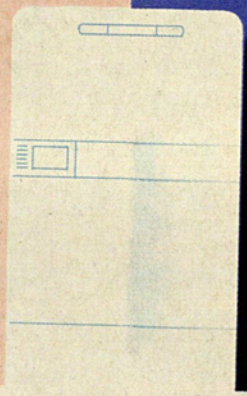


Meal Magic

with your **Amana** freezer

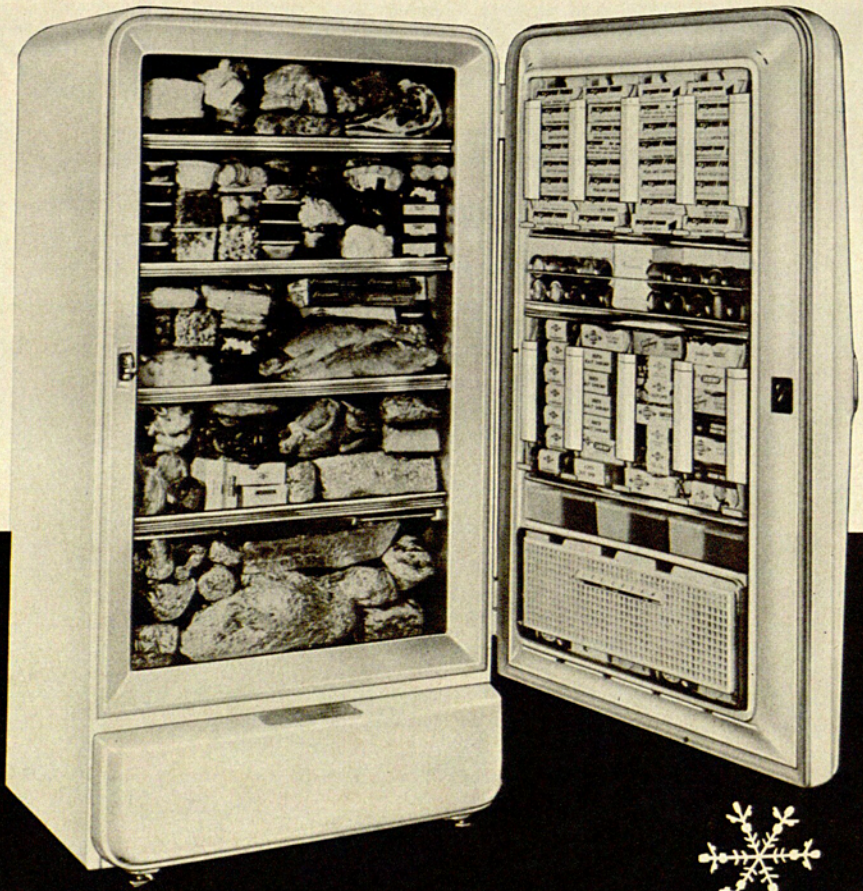
A delightful guide to
easy, enjoyable freezer management

By following these tested recipes for freezer foods...

and the 365 planned menus for freezer families...

and the special tips on freezer fun-damentals

You can do magic things

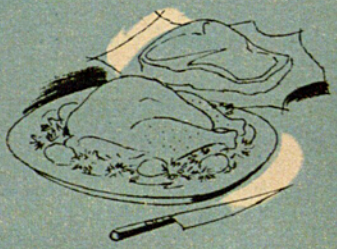


You can actually cut your meal-preparation time by 75%! Quantity-cooking is the secret to this minute-magic, and the Amana-tested recipes in this book were specially created for big-batch cooking. They're wonderfully easy to follow, easy to double or triple, and a real treat on your time table.

with your Amana

You can pre-plan your meals 1-2-3 weeks in advance, in a matter of minutes. Here are 365 Amana-planned menus designed expressly for the freezer. They're delightfully varied for interest, carefully selected for budget-balance, and tailored to fit the typical food package of most Amana Freezers.

You can fix "fit-for-a-king" meals from economy ingredients, lesser known cuts of meat and all-imaginable "left-overs". Here are dozens of basic, "everyday"-type recipes for the best-budget, best-tasting meals that ever faced a hungry family.



You can surprise family and guests with delightfully different freezer treats, fancy desserts, and "dressed-up" variations of the favorite old stand-by dishes. Throughout this book you'll find hundreds of clever ideas . . . all fun, and fun for all who rate a **place** at your table.

It's so easy to make

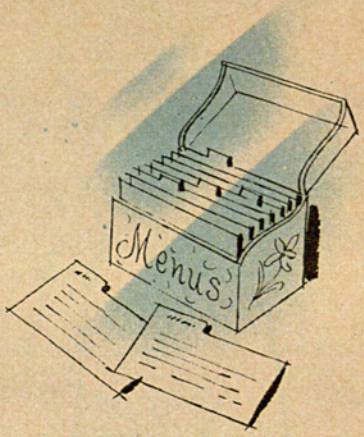
Amana Magic

. . . . the secret's in the "system"!

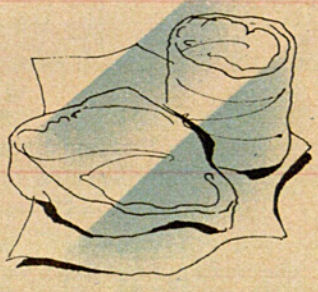
You can make your Amana do 1001 magic tricks when you manage it well. And "managing" your freezer is the easiest job in the world. In fact, it's no "job" at all, but simply a workable "system" for daily meal planning and preparation.

It's a remarkably easy system, too, when you use this book as your guide. Follow it and you'll have an automatic freezer system going before you know it.

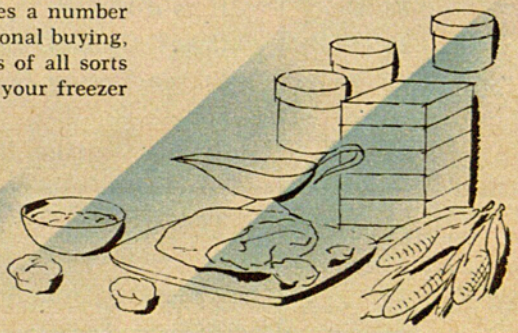
The basic ingredient to your freezer system is freezer Planning. Whether you have stocked your freezer through the Amana Plan for Better Living, or "on your own", your freezer contains a wide variety of foods . . . a much greater selection than you've ever worked with before. So, to help you get into the swing of Meal Planning around your freezer, Ann MacGregor has created 16 weeks of freezer-family menus . . . specifically designed to fit a representative food package or a typical 4-month freezer supply. Follow the Amana-plan Menus as closely as your family preference will allow. They'll help you plan better meals *around* the freezer . . . all around the year.



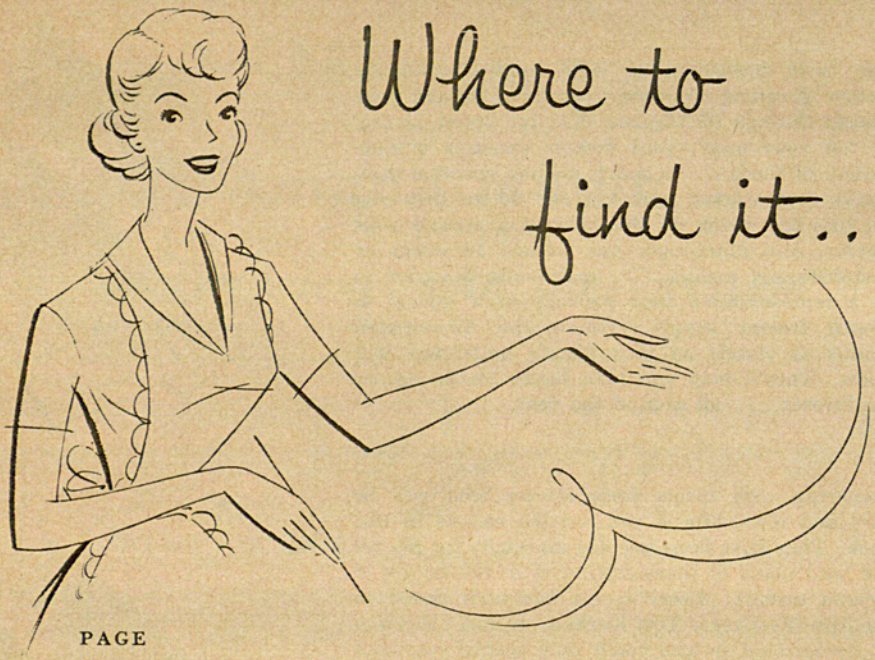
Preparing your meals from freezer food will be easy and rewarding if you use the recipes in this book. They have been selected especially for freezer use, and many of them originated in the homes of Amana owners. Every recipe has been tested in the Ann MacGregor Test Kitchen. In this collection of freezer-food recipes you'll note special emphasis on the preparation of lesser-known cuts of Beef. These recipes will prove especially helpful to you if you are buying meat in quantity for the first time. The entire collection includes both practical and "glamour" recipes to help you serve more interesting and more varied meals.



Of course, the basic key to savings with your freezer lies in quantity buying, but good "management" also means a savings of time and work, too. So, to help you "manage" your way to the utmost benefits of freezer living, this guide also includes a number of "system suggestions" — ideas on seasonal buying, using "left-overs", quantity cooking, tips of all sorts . . . a thousand and one ways to make your freezer do magic things for you.



Good luck with your freezer system. Manage your Amana well and you'll achieve the real magic of freezer use . . . a true fulfillment of the Amana Plan for Better Living.



Where to find it...

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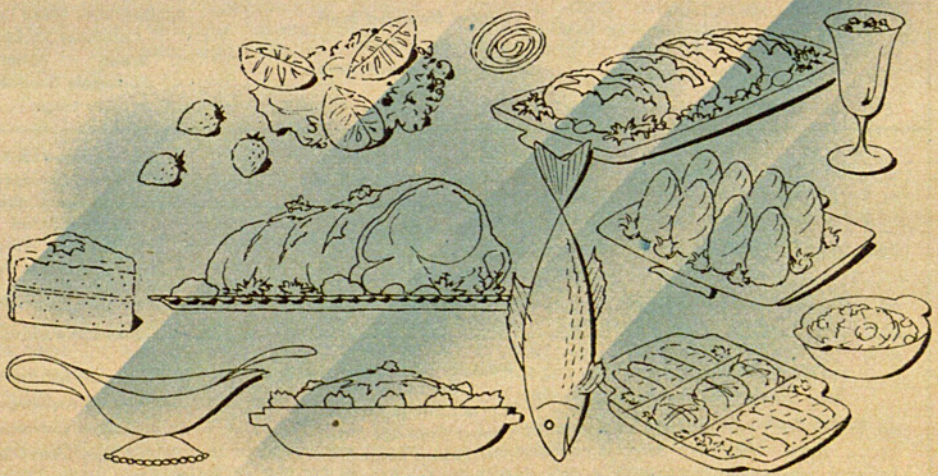
We gratefully acknowledge the cooperation and assistance of The Poultry and Egg National Board, Family Circle Magazine, American Meat Institute, American Institute of Baking, American Dairy Association and Standard Brands which made this book possible.

Amana Plan Menus

* *Expressly created for freezer families*

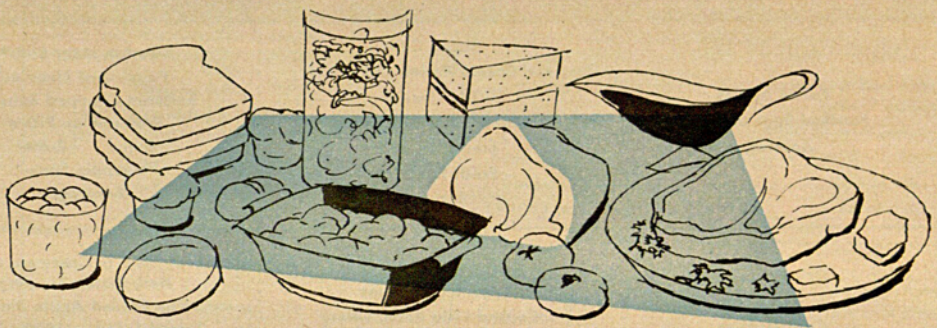
Ann MacGregor's Menu Plan offers you an excellent guide for freezer planning. These 16 weeks of menus are designed to balance your budget and balance your meals nutritionally at the same time. They're delightfully varied, practical menus, carefully tailored so that "left-overs" are pre-planned and quantity cooking is pre-arranged. Follow these menus exactly or alter them to suit your family's preferences . . . either way, use them and they will open the door to freezer living at its best.



Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Orange Juice Scrambled Eggs Cinnamon Toast Beverage	Potato Salad between Thin Cold Meat Loaf Slices Radish Roses Buttered Rye Bread Spicy Baked Pears Beverage	Fruit Juice Cocktail Beef Chop Suey on Rice Green Beans Amandine Lettuce Salad Bread Butter Ice Cream Filled Cream Puffs Fudge Sauce Beverage
TUE	Grapefruit Halves Sausage Patties Grilled Sweet Rolls Beverage	Creamed Eggs on Waffles Melon Rings with Lime Sherbet Balls on Shredded Lettuce Beverage	Barbecued Spareribs Southern Style* Baked Sweet Potatoes Mixed Greens Crisp Raw Relishes Rolls Butter Ambrosia with Toasted Cocoanut Beverage
WED	Blended Juice Hot Wheat Cereal with Milk Toasted Coffee Cake Beverage	Liverwurst on Pumpernickel Bread Sandwiches Chopped Vegetable Salad Uncooked Applesauce* Raisin Cookies Beverage	Hamburger Stuffed Cabbage Hashed Browned Potatoes Panned Carrots Jellied Fruit Salad Bread Butter Rice Custard Pudding Beverage
THU	Orange Juice Broiled Bacon Hot Cakes Syrup Butter Beverage	Tomato Soup Croutons Cottage Cheese and Fruit Plate Nut Muffins Apple Jelly Butter Beverage	Company Casserole* Peas and Carrots Hot Potato Chips Marinated Cooked Cauliflower Salad Bread Butter Hot Mincemeat Pie Beverage
FRI	Tangerine Juice Poached Eggs on Toast Beverage	Green Peppers Stuffed with Spanish Rice Buttered Cut Corn Steamed Shredded Beets Bread Butter Orange Gelatin with Cream Beverage	Baked Fish Fillets in Spanish Sauce Lattice Potatoes Spinach with Sliced Lemon Cucumber Sticks Bread Butter Pineapple Sundae Beverage
SAT	Sliced Oranges Baked Eggs in Toast Cups Beverage	Olive Butter and Lettuce Sandwiches on Raisin Bread Carrot Sticks Green Onions Cup Cakes Filled with Rhubarb Sauce Hot Mexican Cocoa	Cheese Meat Loaf* Whipped Potatoes Sweet and Sour Cabbage Waldorf Salad Soft Rolls Butter Peach-Gingerbread Upside Down Cake Beverage
SUN	Pineapple Juice Sour Cream Omelet Hashed Browned Potatoes Toast Butter Beverage	Smorgasbord Tray . . . Cold Cuts Chive Cottage Cheese Pepper Cabbage Slaw* Pickled Beets Salty Rye Bread Date Pinwheel Cookies Strawberry Milk Shakes	Plantation Shortcake* Buttered Asparagus Glazed Carrots Jellied Bing Cherry Salad Chocolate-Mint Ice Cream Pie Beverage

* Indicates the recipes that are included in the Recipe Section of the book.



Turn Left-overs into Planned-overs

Managing your Amana means that you completely eliminate food waste due to left-overs. Every morsel — whether it be part of a roast, a griddle cake or spoonful of beans — can be saved and served at another meal — either in its present form or combined with other left-overs for a new dish. *No quantity of left-over food is too small to freezer-bank for another meal!* It's like turning pennies into dollars, while banishing one of the homemaker's oldest problems. You'll discover dozens of "planned-over" tricks of your own . . . but, for a starter, here are a few simple suggestions.

Small amounts of leftover vegetables may be combined and used in soup, to stretch a meat loaf, in a vegetable salad, in a casserole, or added to gravy or soup to make a sauce for meat.

A combination of chopped or ground cooked meat and vegetables or rice is perfect for stuffing green peppers, squash, tomatoes, eggplant or cabbage leaves.

Leftover coffee may be frozen to use in mocha desserts, as the liquid in spice cake, for coffee sauce for desserts.

Use cooked vegetables in a thin cream sauce to serve with an omelet.

Combine odds and ends of dry cereal. Crush and keep crisp in your Amana to use as casserole toppings, to bread chops and cutlets, to add contrast in color and flavor to cream soups, to serve as base for a fruit Betty dessert, or substitute for crackers in a crumb crust recipe.

Spread griddle cakes with jelly or jam, roll up, freeze. Reheat in moderate oven. Serve with powdered sugar or a fruit sauce for dessert.

Leftover mashed potatoes may be frozen for later use as topping for shepherd pie; or simply reheat frozen mashed potatoes over hot water, whipping well for extra fluffiness.

Bread cut into cubes, or torn into small pieces, then mixed with herbs and frozen, will save considerable time when preparing stuffing or dressing for poultry, roasts, veal birds, stuffed chops, etc.

Freeze any leftover gravy (fat that gathers on top is easy to remove after freezing) and use to make hot meat sandwiches. Or combine with leftover cooked meats in meat pies, turnovers or meat shortcakes.

Toss mixture of cooked vegetables with well-seasoned French dressing.

Extra egg yolks or egg whites may be frozen for future use. If egg yolks are frozen, add 1 tablespoon sugar or corn syrup per cup of yolks, or 1 teaspoon salt per cup of yolks.

Completely thawed frozen fruit may be simmered a few minutes with extra sugar for a dessert sauce — or cooked until thick and used as jam.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Baked Apples Poached Eggs on Toast Beverage	Bacon Curls Cheese Potato Cakes Chili Sauce Shredded Lettuce Salad Bread Butter Fresh Fruit Bowl Beverage	Swedish Meat Balls* Poppyseed Noodles Buttered Chopped Spinach Watermelon Pickle Bread Butter Pineapple Snow* Beverage
TUE	Orange Juice Broiled Bacon Corn Muffins Apple Jelly Beverage	Chicken Salad in Frankfurter Buns Cooked Lima Bean, Celery and Pimento Salad Molasses-Raisin Bar Cookies Hot Tomato Juice in Mugs	Beef Stew in Casserole with Herb-Biscuit Topping Pan Broiled Apple Rings Tossed Salad . . 1000 Island Dressing Refrigerator Cheese Cake Beverage
WED	Vegetable Juice Scrambled Eggs Toast Jam Butter Beverage	Chicken Noodle Soup Crackers Jellied Fruit Salad Ring with Cottage Cheese Center Bran Muffins Butter Frozen Fruit Jam Beverage	Beef Patties in Tomato Sauce-Cheese Topping French Fried Potatoes Cabbage Slaw Bread Butter Fudge Squares Vanilla Ice Cream Beverage
THU	Grapefruit Juice Bacon Strips French Toast Syrup Beverage	Quick Chili Con Carne Corn Chips Pickles Celery Hearts Sliced Peaches with Cream Beverage	Fruit Cup Turkey-Chicken Loaf* Celery Soup Sauce Baked Potatoes Hearts of Lettuce with 1000 Island Dressing Bread Butter Charlotte Russe Beverage
FRI	Orange Juice Soft Cooked Eggs Buttered Toast Triangles Strawberry Jam Beverage	Fish Chowder Rye Bread and Parsley Butter Sandwiches Pineapple and Grated Cheese Salad Beverage	Italian Antipasto Spaghetti with Mushroom Sauce Hard Rolls Butter Grapefruit and Avocado Salad Ice Cream Roll Beverage
SAT	Applesauce Dry Cereal with Raisins and Milk Doughnuts Beverage	Split Pea Soup Bread Sticks Butter Crisp Green Salad-Blue Cheese Dressing Custard Pie Beverage	Hamburgers on Toasted Buns Raw Relishes Macaroni, Olive and Hard Cooked Egg Salad Butterscotch Bar Cookies Beverage
SUN	Grapefruit Halves Bacon Scrambled Eggs Surprise Nut Puffs* Beverage	Cold Sliced Ham Hot Potato Salad Tomato Wedges Bread Butter Summer Snowballs* Lemonade	Marinated Round Steak with Mushrooms* Whipped Potatoes Peas and Carrots Pears in Lime Gelatin on Shredded Greens Bread Butter Party White Cake* . . Caramel Frosting

* Indicates the recipes that are included in the Recipe Section of the book.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Orange Juice Eggs Scrambled with Ham Chips Toast Butter Beverage	Cold Roast Pork and Apple Butter Sandwiches Hot Potato Chips Cooked Vegetables in Aspic Mold Cookies Beverage	Barbecued Beef Kidney* on Riced Potatoes Broccoli with Lemon Butter Bread Butter Cherry Pie Beverage
TUE	Sliced Bananas Dry Cereal Milk Cinnamon Toast Beverage	Broiled Liver Bacon Strips Succotash Bread Butter Fruit Compote Ginger Cookies Beverage	Pot Roast with Potatoes, Carrots and Onions Hard Rolls Butter Green Salad Satin Cream* Beverage
WED	Blended Juice Puffy Omelet Grilled Sweet Rolls Beverage	Baked Spaghetti and Tomato Sauce with Sliced Olives Cheese Stuffed Celery Bread Sticks Butter Raspberries with Cream Beverage	Hawaiian Pork Chops* Mashed Sweet Potatoes Asparagus . . Mock Hollandaise Sauce Molded Vegetable Salad Bread Butter Caramel Custard Beverage
THU	Tomato Juice Crisp Bacon Soft Cooked Eggs Toast Butter Beverage	Vegetable Plate . . French Fried Eggplant Strips Parmesan Broiled Tomato Slices Lima Beans Bran Muffins Butter Butterscotch Nut Sundae Beverage	Broiled Beef Patties French Fried Onion Rings Corn on Cob Deep Green Salad (spinach, watercress, parsley) with Garlic Dressing Rolls Butter Chocolate Eclairs Beverage
FRI	Sliced Oranges Oatmeal with Cream Cranberry Muffins* Butter Beverage	Deviled Egg Salad Sliced Tomatoes and Green Pepper Rings Potato Chips Bread Butter Peach Cobbler Beverage	Fish Fillets-Pimiento Cheese* Country-Fried Potatoes Buttered Peas and Celery Corn Sticks Butter Sliced Cucumbers and Onion Rings Sour Cream Dressing Orange Chiffon Cake Beverage
SAT	Grapefruit Halves French Omelet Hot Biscuit Jelly Beverage	Vegetable Beef Soup Crackers Peanut Butter-Marmalade Sandwiches Carrot Sticks Coffee Bars* Beverage	Ham Balls in Savory Sauce* Baked Sweet Potatoes Buttered Spinach Cabbage Salad Soft Rolls Butter Blueberry Kuchen Beverage
SUN	Frozen Strawberries Rolled Pancakes Filled with Scrambled Eggs and Ham Beverage	Frankburgers* on Buns Raw Relish Plate Toasted Doughnuts a la Mode Hot Apple Cider	Fruit Juice Cocktail Individual Chicken Pies . . Savory Crust Brussels Sprouts Sliced Tomatoes on Shredded Lettuce English Apple Pie* with Whipped Cream Beverage

* Indicates the recipes that are included in the Recipe Section of the book.

Photo Courtesy of American Meat Institute

Cook with a Forward Look

Double or triple the usual recipe when you make beef stew, chili, chicken a la king, baked beans, curry, casseroles, dozens of other dishes. Serve today's meal and freeze the rest in meal-size amounts . . . ready to heat 'n serve for another meal.

Cook in quantity and save as much as 75 per cent of your meal preparation time and work. Cook when it's most convenient, too, and be ready for emergencies when unexpected guests arrive or you find yourself busy with other jobs.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Blended Juice Broiled Bacon Waffles Honey Butter Beverage	Scrambled Eggs Chili Sauce Toasted Wheat Rolls Butter Seedless Grape, Banana and Pineapple Salad Beverage	Chicken Corn Casserole* Lima Beans Carrot Rings Tomato and Watercress Salad Bread Butter Mixed Fruit in Meringue Shells Beverage
TUE	Orange Juice Poached Eggs on Toasted English Muffins Beverage	Open Face Bacon-Tomato Sandwiches Potato Chips Olives Radishes Applesauce on Spice Cake Beverage	Beef Curry Raisin Rice Green Peas Vegetable Salad Bowl Bread Butter Cocoanut Cream Pie Beverage
WED	Rhubarb Sauce Shirred Eggs Hot Biscuits Butter Jam Beverage	Beef Noodle Soup Toasted Crackers Cream Cheese and Marmalade on Brown Bread Sandwiches Carrot Sticks Beverage	Planked T. Bone Steaks Whipped Potatoes Broiled Tomatoes Hard Rolls Butter Celery Hearts Lime Sherbet . . Frozen Blueberry Topping*
THU	Pineapple Juice Crisp Bacon Danish Coffee Cake Beverage	Chicken Pancakes* Cranberry Sauce Jellied Vegetable Salad Raisin-Bread Pudding Beverage	Beef Shanks in Tomato Sauce* Riced Potatoes Glazed Carrots Ripe and Green Olives Bran Muffins Butter Green Apple Pie Beverage
FRI	Orange Juice Scrambled Eggs Hot Cross Buns* Beverage	Cheese Souffle Green Bean and Corn Succotash Cabbage Salad with Chopped Tomato Whole Wheat Muffins Butter Plum Jelly Beverage	Fish Sticks . . Parmesan* French Fried Potatoes Brussels Sprouts Grated Carrot Salad Toasted Rolls Butter Frozen Lime Pie Beverage
SAT	Blended Juice Dry Cereal with Milk Quick Biscuit Doughnuts* Beverage	Bacon Strips Banana Fritters with Currant Jelly Tomato Aspic with Hard Cooked Egg Garnish Bread Butter Vanilla Pudding Beverage	Chili Con Carne Bread Sticks Green Salad . . Poppy Seed Dressing Strawberry Sundae Beverage
SUN	Orange Juice Sausage Patties Fried Eggs Toast Butter Beverage	Kidney Bean and Salami Salad Pickle Relish Green Onions Oven Warmed French Bread Butter Apple Turnovers Limeade	Sunday Chicken* Fluffy Mashed Potatoes Minted Peas Spring Salad Bowl Cloverleaf Rolls Butter Frozen Rasperries on Angel Cake Beverage

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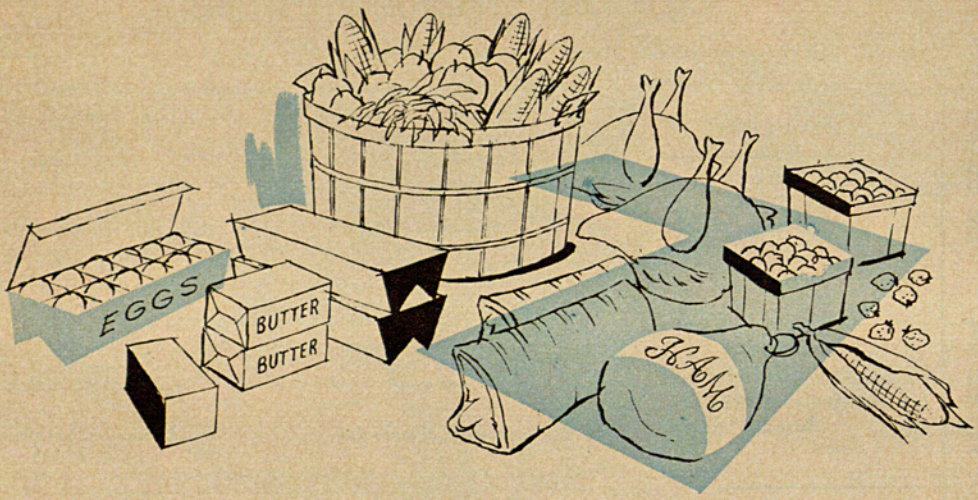

Save Money by Season-ing Your Food

Almost all foods have "in-season" low prices, and its wise to freezer-bank these extra savings. Good season-ing is good budgeting.

Certain foods have a fairly regular seasonal pattern, but market conditions will vary by area. So it's important (and easy) that you become familiar with the seasonal price fluctuations in your own locality. Here are a few general rules that will help.

- Frying chickens are usually cheapest in the early spring; fresh pork in the wintertime; turkey, duck and goose in early fall.
- Eggs are usually most plentiful and cheap in the spring; the price of butter should be watched carefully — it fluctuates unsteadily.
- Buy locally grown produce at the peak of the season, preferably by the crate, lug or bushel. Roadside stands or truck gardens usually offer substantial savings.
- It's wise to watch for seasonal specials. Fruit cake, for example, might be purchased immediately after the holiday season for a small fraction of its original price. Valentine candies, Easter eggs are usually bargain-priced the "day-after"; Amana-plan for next year's holidays.

Be nutrition-wise and flavor-mindful when you buy in-season fruits and vegetables to freeze.

Follow the example set by our commercial frozen food processors and remember to choose the freshest, most perfect samples of Nature's bounty. The better products you put into your Amana, the more delicious foods you will serve another day.

You'll find it interesting and fun to use good season-ing for your Amana. Start now to make a record of average prices. Keep it up-to-date, then be ready to stock up when prices drop. You'll enjoy "in-season" prices all year 'round.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Tomato Juice Oatmeal with Cream Toasted English Muffins Beverage	Scalloped Beef Cubes and Cauliflower Spiced Crabapples Biscuit Butter Lettuce Wedges with French Dressing Beverage	Fruit Juice Frappe Peter Piper's Pepper Dinner* Chopped Vegetable Salad Hot Rolls Butter Chocolate Date Cake* Beverage
TUE	Grapefruit Sections Scrambled Eggs with Bacon Bits Toast Strips Beverage	Black Bean Soup Toasted Crackers Combination Fruit Salad Raisin Muffins Butter Peach Jam Beverage	Watermelon Sherbet Chinese Roast Pork* Buttered Noodles Scalloped Tomatoes Sliced Cucumbers in Sour Cream Bread Butter Cherry Chiffon Pudding Beverage
WED	Orange Juice Poached Eggs on Toast Beverage	French Toasted Swiss Cheese Sandwiches Potato Chips Raw Relishes Fruit Cup Cookies Beverage	Chicken Shortcake* Nutmeg Spinach Buttered Cut Corn Cranberry-Orange Relish Mocha Refrigerator Dessert* Beverage
THU	Orange Sections Broiled Bacon Buckwheat Cakes Butter Syrup Beverage	Fluffy Omelet Creamed Peas Toasted Rolls Butter Broiled Grapefruit with Strawberry Jam Beverage	Baked Pork Chops with Apples and Sweet Potatoes Buttered Broccoli Celery Hearts Bread Butter Vanilla Ice Cream with Crushed Peppermint Candy Beverage
FRI	Uncooked Applesauce* Baked Eggs Orange Biscuits* Beverage	Vegetable Soup Cream Cheese and Nut Sandwiches Celery Sticks Fruit Compote Beverage	Baked Stuffed Fish Fillets Parslied Baby Carrots Green Beans Confetti Corn Relish* Bread Butter Cottage Pudding with Rhubarb Sauce Beverage
SAT	Tomato Juice Hot Wheat Cereal with Dates and Milk Buttered Toast Beverage	Cold Meat Loaf Sandwiches Shoestring Potatoes Frozen Fruit Salad Sugar Cookies Beverage	Spaghetti with Meat Balls* Buttered Peas and Carrots Tossed Salad French Bread Butter Fruit Cup Beverage
SUN	Grapefruit Halves Bacon Omelet Golden Corn Sticks Beverage	Chilled Fruit Juice Cheese Waffles with Whipped Butter Cocoanut Cut-Ups Beverage	Baked Ham Escalloped Potatoes Mustard Greens Jellied Cranberry Salad Brown 'n Serve Rolls* Butter Baked Alaska Beverage

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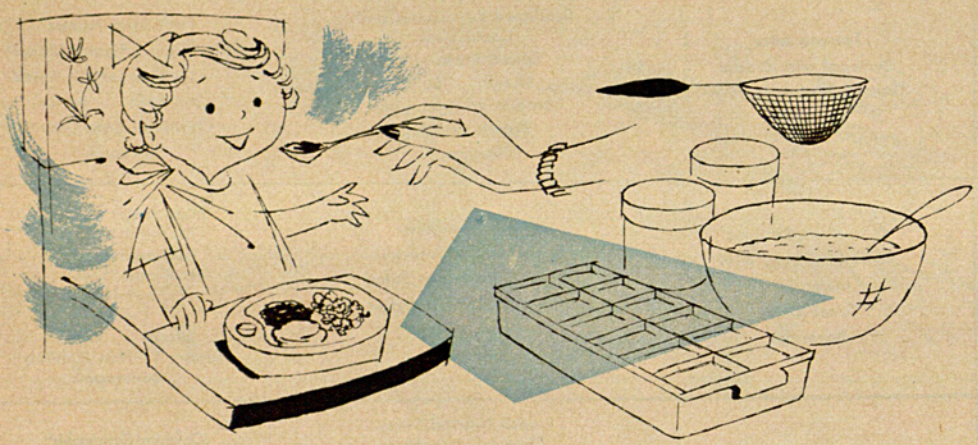


"Baby" Your Budget

A baby in the family? Why not let your Amana save you money by eliminating the purchase of expensive prepared infant foods. It's easy, really.

* With each vegetable that you prepare for freezing, cook the last batch instead of blanching it. Then strain or finely chop. Cool the pureed or chopped vegetable and freeze in ice cube trays. When frozen, remove the vegetable cubes and store in plastic freezer bags. When ready to use, just heat cube over hot water. Each cube will be just right to satisfy Small One's appetite . . . and no worries about left-overs.

* And just as simply you can prepare baby fruits — strained applesauce, peaches, pears, prunes, apricots, and many others — as wide a variety as Baby desires, and in cube amounts sized to his appetite.

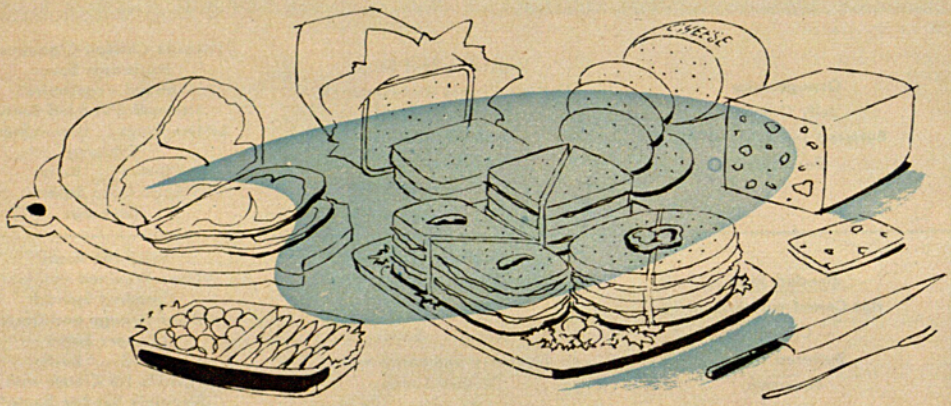
* You may even mince or puree meats — chicken, broiled liver, roast veal or beef, when they are on the family menu . . . then freeze for complete Amana-planned baby meals.

* As an alternate for the cube-tray freezing method, don't overlook handy waxed cardboard milk cartons. Just clean the carton and cut it off as small a size as you wish. After the carton is filled, cover with freezer foil and seal with tape on which you have labeled the contents. Or use the plastic tops designed for this purpose — they are readily obtainable.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Orange Juice Jelly Omelet Buttered Toast Triangles Beverage	Vegetable Beef Soup Cottage Cheese and Pineapple Sandwiches on Rye Toast Graham Crackers Marshmallows Chocolate Milk	Favorite Chicken Croquettes* Mushroom Sauce Mixed Vegetables Steamed Shredded Beets Lettuce Rings . . Lemon French Dressing Bread Butter Spice Cake Squares Beverage
TUE	Blended Juice Hot Cereal with Raisins Cream Buttered Toast Beverage	Cold Ham Loaf Macaroni Salad Radishes Bread Butter Blueberry Dumplings with Custard Sauce Beverage	Spicy Pot Roast* Oven Browned Potatoes Creamed Spinach Sliced Orange and Green Pepper Salad Bread Butter Vanilla Ice Cream with Smoothie Sundae Sauce* Beverage
WED	Sliced Oranges Fried Cornmeal Mush Sausage Patties Beverage	Poached Eggs on Beef Hash Waldorf Salad Bread Butter Fudge Bars Beverage	Frankfurter Quail* Stewed Tomatoes Perfection Salad Brown 'n Serve Rolls* Butter Chess Pie Beverage
THU	Tomato Juice Goldenrod Eggs on Toast Triangles Beverage	Barbecued Pork on Toasted Buns Grated Carrot, Celery and Olive Salad Baked Apples Beverage	Beef Casserole with Biscuit Topping Cauliflower with Cheese Sauce Hearts of Lettuce . . Russian Dressing Chocolate Blanc Mange Beverage
FRI	Sliced Bananas in Orange Juice Scrambled Eggs Bran Muffins Beverage	Baked Beans Steamed Brown Bread Butter Celery Hearts Peach and Cottage Cheese Salad Beverage	Shrimp Creole on Fluffy Rice Spinach Endive Salad with Garlic Dressing Brown 'n Serve Rolls* Butter Mint Parfait Beverage
SAT	Pineapple Juice Dry Cereal with Cream Hot Sugared Doughnuts Beverage	Tomato Omelet Broiled Bacon Corn and Lima Bean Succotash Bread Butter Frosted Peaches Beverage	Grandma's Meat Loaf* Oven-Browned Potatoes Green Beans with Bacon Goldenglow Salad Bread Butter Pumpkin Pie Beverage
SUN	Orange Juice Club Sandwiches . . Breakfast Style* Beverage	Sandwich Tray Frozen Fruit Salad Raisin Cookies Beverage	Cranberry-Glazed Chicken* Mashed Potatoes Cream Gravy Broccoli Parmesan Assorted Relishes Bread Butter Sponge Cake with Lemon Sherbet Beverage

* Indicates the recipes that are included in the Recipe Section of the book.



Let's Have a Sandwich Session

Sandwich meals can be a big part of your Amana-management, especially if you pack daily lunches for Dad or the youngsters. Your freezer can eliminate half the fuss of sandwich-making if you fix and freeze a week's supply at one time. You'll actually enjoy a weekly Sandwich Session . . . for fun, set up a family assembly line for cutting, spreading, wrapping.

Add interest and pleasure to those lunches by using a variety of breads such as raisin, rye, fruit and nut, and brown bread — then, of course — freeze left-over loaves until the next sandwich session.

Almost all meat, fish, poultry, cheese, peanut butter and egg yolk fillings will store well in your Amana. Many sandwich fillings may be prepared from left-over foods, using small amounts of cooked meat, cheese, etc.

- Avoid pure mayonnaise as a spread for sandwiches which are to be frozen because it will separate and soak into the bread. Always spread bread with butter or margarine before using a "juicy" filling. Mustard, or cream cheese softened with a little milk, may be used as a spread for freezer sandwiches; boiled (cooked) salad dressing is also satisfactory.
- If you wish to use lettuce, celery or tomatoes in frozen sandwiches, add them just before serving rather than before freezing. For lunchboxes, the lettuce or other greens may be wrapped separately in wax paper when the lunch is assembled.
- Hard-cooked egg whites should be avoided in sandwiches that are to be frozen unless they are riced or chopped very finely.
- If you wish to use celery, green peppers, onion, in frozen sandwich filling, chop them very fine; or if the meat or other main ingredient is ground, you may put these through the food chopper also.
- Frozen sandwiches will thaw in 2 to 4 hours so may be taken from the freezer in the morning and placed right in the lunchbox. Small sandwiches will thaw in less time at room temperature. Or if convenient, thaw party sandwiches in refrigerator for several hours.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Grapefruit Juice Buckwheat Pancakes Bacon Strips Syrup Beverage	Cream Potato Soup Wheat Crackers Cottage Cheese and Peach Salad Krantz Coffee Cake* Beverage	Boiled Beef with Potatoes, Carrots and Onions Jellied Cranberry Salad Toasted Rolls Butter Banana Cream Pie Beverage
TUE	Melon Balls Baked Ham and Eggs in Toast Cups Beverage	Cheeseburgers Potato Chips Chili Sauce Sweet-Sour Slaw Ice Cream Sandwiches Beverage	Freezer Chicken Salad* Cheese Stuffed-Baked Potatoes Olives and Pickle Sliced Tomatoes Raisin Nut Muffins Butter Jam Beverage
WED	Orange Juice Sausage Patties Scrambled Eggs Toast Butter Beverage	Cream of Mushroom Soup Crackers Cream Cheese . . Date Nut Bread Sandwiches Strawberry and Pineapple Compote Beverage	Smothered Round Steak Corn on Cob Buttered Green Beans Lettuce Salad . . Sour Cream Dressing Hot Biscuits Butter Snow Pudding . . Custard Sauce Beverage
THU	Blended Juice Bacon French Toast Syrup Beverage	Polka Dot Chowder* Crackers Frozen Fruit Salad Bread and Butter Sandwiches Fig Bars Beverage	Pork Herb Casserole* with Biscuit Topping Buttered Okra Spiced Apple Salad Cheese Cake Beverage
FRI	Vegetable Juice Jelly Omelet Hot Biscuits Butter Beverage	Clam Chowder Crackers Cold Vegetable Plate with Sliced Hard Cooked Egg Melba Toast Butter Beverage	Special Salmon Loaf* Scalloped Potatoes Buttered Mixed Vegetables Grapefruit and Cucumber Salad Bread Butter Butter Pecan Mousse* Beverage
SAT	Grapefruit Juice Scrambled Eggs and Cheese Toast Butter Beverage	Select-a-Sandwich from the Freezer Carrot Strips Celery Sticks Fruit Gelatin Sponge Cake Cookies Beverage	Cold Sliced Ham Hot Potato Salad Crisp Pickle Slices Radishes Olives Caraway Rye Bread Butter Boston Cream Pie Beverage
SUN	Frozen Peaches Dry Cereal with Cream Raisin-Nut Buns Beverage	Tomato Broth Crackers Chocolate Waffles a la Mode Beverage	Broiled Sirloin Steaks French Fried Potatoes Asparagus Salad . . Lemon French Dressing Bread Butter Cherry Pie Beverage

* Indicates the recipes that are included in the Recipe Section of the book.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Sliced Bananas Link Sausages Toasted Muffins Honey Beverage	Egg Salad in Coney Buns Potato Chips Tomato Wedges Spiced Stewed Prunes Hermits Beverage	Pork Chops Creole* Poppyseed Noodles Green Beans Tossed Salad . . Garlic Dressing Cloverleaf Rolls Butter Fruited Gelatin Beverage
TUE	Tangerine Juice Oatmeal with Brown Sugar Cream Buttered Toast Beverage	Corn Pudding Broiled Tomato Slices Apple, Celery and Raisin Salad Bread Butter Chocolate Chip Cookies Beverage	Assorted Cold Cuts Potato Chips Kidney Bean Salad Celery Sticks Rye Bread Butter Banana Splits Beverage
WED	Pineapple Juice Shirred Eggs Buttered Toast Frozen Peach Jam Beverage	Cream of Chicken Soup Crackers Cheese Strips Stuffed Olives Potato Salad Bread Butter Rhubarb Sauce Cookies Beverage	Spaghetti with Meat Sauce* Bread Sticks Butter Large Tossed Salad Blue Cheese Currant Jelly Crackers Beverage
THU	Sliced Oranges Crisp Bacon Grilled Pecan Buns Beverage	Beef Turnovers with Mustard Sauce Celery Strips Chilled Pears with Custard Sauce Gingersnaps Beverage	New England Boiled Dinner (Chuck Roast) with Carrots, Onions, Potatoes, Turnips Red Apple and Nut Salad Bread Butter Lemon-Swirl Ice Cream Beverage
FRI	Frosted Raspberries Dry Cereal with Milk Popovers Butter Jam Beverage	Lasagna with Tomato Sauce* Buttered Mixed Vegetables Shredded Lettuce Salad Bread Butter Ambrosia Beverage	Deep Fried Perch Fillets Succotash in Cream Spiced Beet and Onion Ring Salad Corn Bread Squares Butter Lemon Meringue Pie Beverage
SAT	Orange Juice Poached Eggs on Toasted English Muffins Beverage	Bouillon Fruit Plate with Orange Sherbet Nut Bread and Cream Cheese Sandwiches Green and Ripe Olives Floating Island Beverage	Frankfurters Baked Beans Mixed Sweet Pickles Green Pepper Slaw Toasted Buns Rhubarb Shortcake Beverage
SUN	Pineapple Juice Broiled Ham Steak Eggs to Order Hot Buttered Toast Beverage	Corn Chowder Deviled Ham Spread Melba Toast Fruit Dessert-Salad . . Amana Fruit Salad Dressing* Beverage	Fruit Cup Roast Chicken Fluffy Cornbread Stuffing Cauliflower . . Pimiento Cheese Sauce Watermelon Pickles Poppyseed Rolls Butter Jelly Roll a la Mode Beverage

* Indicates the recipes that are included in the Recipe Section of the book.

Photo Courtesy of Standard Brands

Baked Goods Become Freezer-Fresher!

It may seem amazing — but baked goods actually *freshen* from freezing. So look what this means. You can buy day-old bread, rolls, buns, other baked goods, at worthwhile savings, then freeze to freshen.

You'll enjoy even greater savings by buying "day-old" in quantity. Check with your local bakery for prices. Freeze right in the regular wrapper for a week or two, or, for longer storage, add an overwrap of freezer paper.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Tomato Juice Eggs Baked in Muffin Cups Toasted Coffee Cake Beverage	Roast Beef Cubes in Gravy on Baked Potatoes Orange, Grapefruit and Chopped Green Pepper Salad Bread Butter Refrigerator Cookies Beverage	Squaw Corn Casserole* Chopped Spinach Mexican Guacamole Salad Bread Butter Minted Pineapple Sherbet Beverage
TUE	Grapefruit Halves Goldenrod Eggs Toast Jam Beverage	Cheeseburgers on Buns Shoestring Potatoes Tossed Salad Raisin Stuffed Baked Apples with Cream Beverage	Ham and Egg Shortcake Lima Beans Melon Ball Salad with Tart French Dressing Maple Frango* Cookies Beverage
WED	Rhubarb and Applesauce Crisp Bacon Corn Muffins Plum Jam Beverage	Hot Roast Beef Sandwiches Potato Cakes Cabbage Salad Pineapple Sherbet Beverage	Barbecued Chicken Buttered Rice Green Beans Cranberry-Orange Salad Toasted French Bread Spice Cake . . Mocha Frosting Beverage
THU	Orange Juice Hot Wheat Cereal with Cream Cinnamon Toast Beverage	Ground Ham and Pickle Sandwiches on Rye Tomato and Lettuce Salad Frosted Cup Cakes Beverage	Oven Baked Steak Baked Potatoes Cold Asparagus Vinaigrette Biscuits Butter Apple Tapioca Custard Pudding Beverage
FRI	Tangerine Juice French Toast Syrup Butter Beverage	Tomato Rarebit on Crisp Chinese Noodles Lettuce Salad Frozen Peaches with Cream Vanilla Wafers Beverage	Baked Salmon Steaks . . Lemon Butter New Potatoes and Peas French Bread Butter Jellied Cucumber Salad Frozen Lemon Pudding Beverage
SAT	Blended Juice Soft Cooked Eggs Crumb-Topped Coffee Cake Beverage	Grilled Cheese Sandwiches Potato Chips Relish Tray Ice Cream Cones Beverage	Pan Broiled Pork Chops and Sliced Pineapple Sweet Potato Croquettes Mixed Greens Bread Butter Sour Cream Pie Beverage
SUN	Grapefruit Halves . . Strawberry Garnish Broiled Bacon Waffles Hot Honey Butter Beverage	Scrambled Eggs and Chicken Livers Green Salad . . French Dressing Toasted French Bread Butterscotch Refrigerator Cookies Beverage	Creole Swiss Steak Noodles in Cream Lemon Buttered Broccoli Orange and Grapefruit Section Salad Corn Bread Sticks Butter Banana Pudding Beverage

* Indicates the recipes that are included in the Recipe Section of the book.

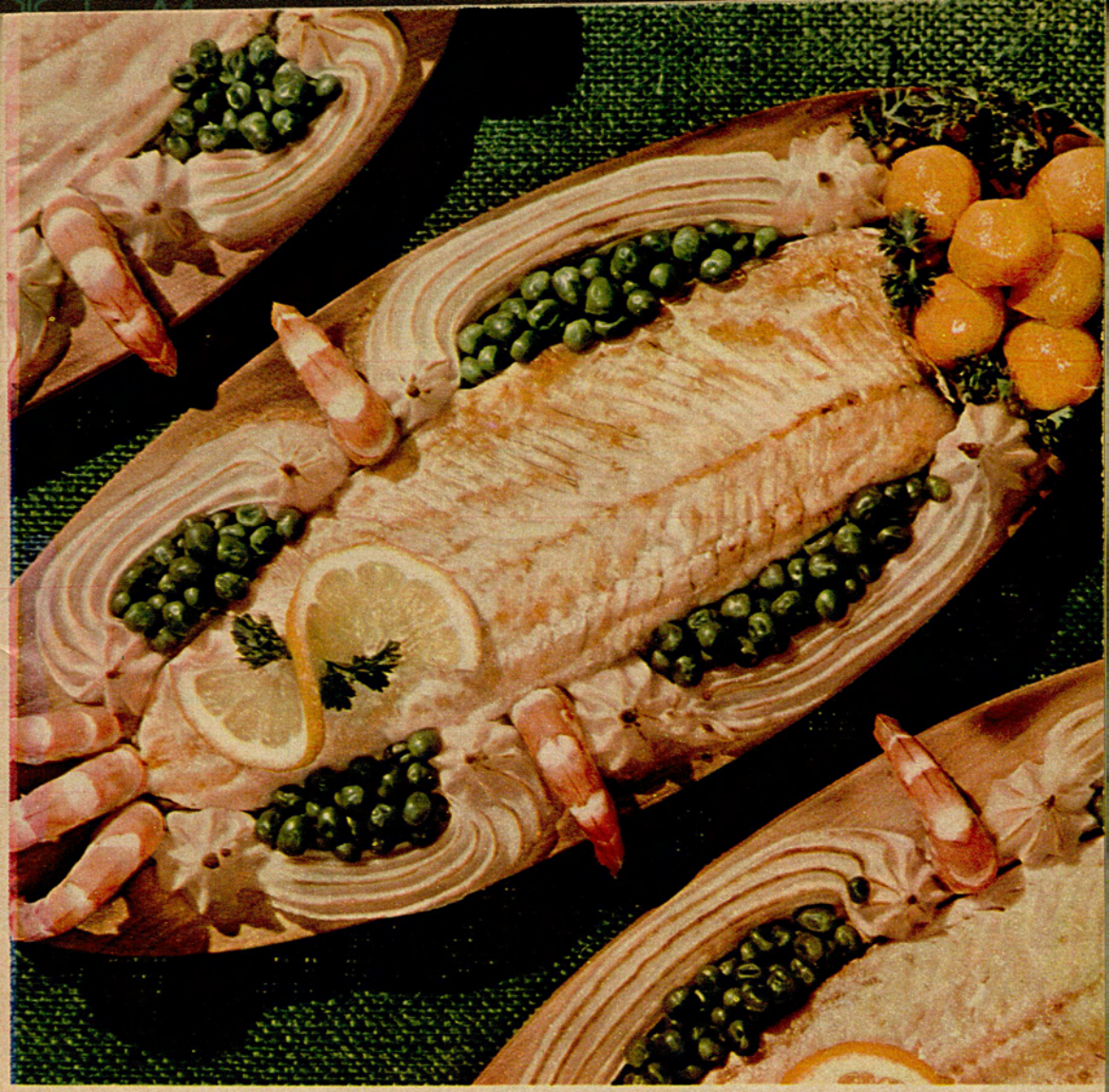


Photo Courtesy of Family Circle Magazine

Home is the Hunter

If the man in your family hunts or fishes, freezer-bank any surplus game or fish for future meals. It's a real treat (particularly for party menus) to serve pheasant, wild duck, wall-eye pike many moons after-season. And it's something "extra-special" when the game is your own prize "catch". Inexpensive entertaining, too.

Suggestion: check the game laws of your state for storage times.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Orange Juice Fried Eggs Hot Biscuits Marmalade Beverage	Open Face Ham Salad Sandwiches on Toasted Buns Sour Pickle Sticks Fruit Gelatin Mold on Shredded Lettuce Date Tapioca Pudding Beverage	Grilled Franks Tomato Sauce Mashed Potatoes Sauer Kraut with Caraway Hard Rolls Butter Relish Tray Gingerbread with Fruit Juice Sauce (Use Leftover Juice) Beverage
TUE	Frosted Raspberries Broiled Bacon Griddle Cakes Butter Syrup Beverage	Onion Soup Cheese Toast Strips Avocado, Grapefruit and Green Pepper Salad Fudge Ice Cream Pie Beverage	Round Steak Roll with Dressing Baked Corn, Tomatoes, and Green Beans Molded Pineapple and Cucumber Salad Bread Butter Rice Pudding Beverage
WED	Tomato Juice Oatmeal with Raisins and Cream Buttered Toast Beverage	Creamed Peas and Hard Cooked Eggs on Toast Orange and Grapefruit Section Salad Coffee Chiffon Pie Beverage	Fluffy Hamburger Casserole* Spinach . . Lemon Slices Frozen Fruit Salad Bran Muffins Jam Butter Beverage
THU	Melon Balls Ham Waffles* Hot Orange Marmalade Beverage	Macaroni Cheese Casserole Green Beans with Almonds Buttered Toast Strips Mixed Fruit Dessert-Salad Beverage	Roast Chicken . . Herb Dressing Brussels Sprouts . . Browned Butter Cabbage, Pineapple and Sliced Olive Salad Soft Rolls Butter Peach Ice Cream Beverage
FRI	Orange Juice Scrambled Eggs Toast Jam Beverage	Vegetable Soup Bread Sticks Cottage Cheese and Pear Salad Chocolate Pudding Sugar Cookies Beverage	Fried Shrimp . . Chinese Mustard Shoestring Potatoes Buttered Lima Beans Pickled Beet Salad Bread Butter Angel Cake Wedges with Berry . . Whipped Cream Topping Beverage
SAT	Sliced Bananas Dry Cereal with Milk Toasted Doughnuts Beverage	Grapefruit Juice Quickie Pizza Pies Marinated Green Bean Salad Raspberry and Lemon Swirl Sherbet Beverage	Mystery Casserole* Baked Potatoes with Chive Butter Carrot and Raisin Salad Big Chocolate Cookies . . Cream Filling Beverage
SUN	Blended Juice French Omelet Blueberry Muffins Beverage	Bacon Corn Fritters Maple Syrup Lettuce Salad Oatmeal Cookies Beverage	Fried Chicken Parsley Buttered Potatoes Peas and Carrots Fruit Medley Salad Bowl Hot Rolls Butter Star Cake with Ice Cream Balls* Beverage

* Indicates the recipes that are included in the Recipe Section of the book.

Photo Courtesy of American Dairy Association

Keep Freezer-Ready to Cook Outdoors

Cooking's moved outdoors . . . and if your family is one of the many millions of outdoor grille enthusiasts, here's a good Amana plan. Prepare several outdoor meal-"makings" in advance, and store in your Amana. The sky's the limit when you start planning outdoor meals from the freezer. All-time favorites — hamburgers and weiners, of course, but let's also include in your Amana, out-of-the-ordinaries like kabobs of steak, mushrooms and bacon; barbecued ribs; foil-wrapped corn-on-cob; baked beans. Then let your outdoor chef take over.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Vegetable Juice Scrambled Eggs Crisp Bacon Toast Butter Beverage	Baked Beans Cream Cheese and Brown Bread Sandwiches Chopped Vegetable Salad Fruit Compote Beverage	Braised Short Ribs of Beef Oven Browned Potatoes Green Peas Mustard Mold* with Cabbage Salad Rye Bread Butter Hot Apple Pie Beverage
TUE	Royal Anne Cherries Poached Eggs Hashed Browned Potatoes Toast Butter Beverage	Cold Cuts on Pumpernickel Chili Butter Spread Assorted Relishes Nutmeg Cake with Broiled Cocoanut Frosting Mugs of Hot Chocolate	Chicken Country Captain* on Steamed Rice Buttered Broccoli Tomato Aspic Salad Bread Butter Cantaloupe Sundae Beverage
WED	Orange Juice Shirred Eggs Date Bran Muffins Butter Beverage	Vegetable Soup Toasted Cheese Sandwiches Minted Pear Freeze* on Salad Greens . . Whipped Cream Dressing Beverage	Broiled Beefburgers Country Fried Potatoes Buttered Peas and Carrots Celery Hearts and Radishes Rolls Butter Baked Custard Beverage
THU	Sliced Peaches on Waffles Broiled Bacon Beverage	Diced Roast Beef and Noodles en Casserole Cooked Leftover Vegetable Salad Bread Butter Coffee Bar Cookies* Beverage	Baked Ham . . Clove Studded and Basted with Fruit Juice Scalloped Potatoes Buttered Okra Tomato and Lettuce Salad Bread Butter Cocoanut Cream Pie Beverage
FRI	Baked Apples Oatmeal with Brown Sugar and Cream Toast Butter Beverage	Cream of Mushroom Soup Crackers Celery Hearts Banana-Peanut Butter Salad Butterscotch Pudding Cookies Beverage	Fish Turbans* Potatoes Cooked in Jackets Steamed Cabbage Wedges Garden Salad Bowl Corn Sticks Butter Orange-Prune Whip Beverage
SAT	Blended Juice Buckwheat Cakes Hot Maple Syrup Butter Beverage	Chicken and Pineapple Salad Sandwiches Hot Parmesan Potato Chips Tossed Salad Raisin-Rice Pudding Beverage	Spaghetti-Meat Sauce Relish Tray . . Deviled Eggs Carrot Curls Cheese Stuffed Celery Dill Pickle Chips Toasted Garlic Bread English Apple Pie* a la Mode Beverage
SUN	Pineapple Chunks Scrambled Eggs and Bacon Bits Hot Biscuits Butter Beverage	Chicken-Vegetable Soup Saltines Butter Old Fashioned Sugar Cookies Strawberry Milk Shakes	Pot Roast of Beef Twice-Baked Potatoes Glazed Onions Avocado and Orange Salad Bread Butter Fruity White Cake* with Frozen Whipped Cream Swirls Beverage

* Indicates the recipes that are included in the Recipe Section of the book.

Photo Courtesy of Family Circle Magazine

Amana "stor-mor" Freezer-Refrigerator families enjoy crisper, fresher, more appetizing green salads. And with the freezer to store small quantities of left-overs, you'll serve salads with more variety and appetite appeal. You might top a tossed salad with crumbled cooked bacon — left-over from breakfast days earlier and kept just-cooked fresh in your freezer until serving time. Or grate small bits of cheese and freezer-bank to toss into a crisp vegetable salad; more of that grated cheese . . . any kind . . . will make a glamour dressing out of the plain French kind.

Jellied salads — a flavor to please every appetite — stay "right for serving" in your Amana refrigerator. Easy to do in advance and a complement to any meal, you'll serve them often with pride and pleasure.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Apple Juice Dry Cereal Milk Popovers Grape Jam Beverage	Baked Acorn Squash with Sausage Stuffing Cabbage and Carrot Slaw Cranberry Muffins Butter Jam Clusters of Seedless Grapes Beverage	Barbecued Beans and Burgers* Stuffed Olives Big Green Salad . . 1000 Island Dressing Poppyseed Rolls Butter Strawberry Ice Cream Pie Beverage
TUE	Orange Juice Fluffy Omelet Hot Cinnamon Rolls Beverage	Open Face Tomato, Bacon and Cheese Sandwiches Jellied Vegetable Salad on Shredded Lettuce Chocolate Cup Cakes Milk Shakes	Yankee Tamale Pie Crispy Shoestring Potatoes Green Beans with Bacon Apple, Celery and Nut Salad Peach Shortcake Beverage
WED	Sliced Bananas on Oatmeal with Milk Crisp Bacon Hot Biscuit Butter Apple Jelly Beverage	Chilled Fruit Soup Cheese Crackers Egg Salad on Rye Sandwiches Gingerbread with Hot Nutmeg Sauce Beverage	Baked Pork Chops with Dressing Minted Green Peas Buttered Onions Stuffed Prune Salad Bread Butter Pineapple Chiffon Pie Beverage
THU	Tomato Juice Pork Sausage Fried Apples Toast Butter Beverage	Ham and Potato Chowder Wheat Wafers Frozen Fruit Salad Nut Muffins Butter Beverage	Chicken Fricassee with Dumplings Mixed Vegetables Tossed Green Salad . . Blue Cheese Dressing Cranberry Sauce Sundae Beverage
FRI	Grapefruit Sections Poached Eggs on Toasted English Muffins Beverage	Green Pea Soup Crackers Tomato and Green Pepper Salad Banana Bran Bread and Butter Sandwiches Ice Cream Bars Beverage	Fish Sticks . . Tartar Sauce Corn on the Cob Mixed Greens Watercress Salad with French Dressing Hard Rolls Butter Frozen Pineapple Chunks on Creamy Cottage Cheese Beverage
SAT	Strawberry Rhubarb Shirred Eggs Buttered Toast Strips Beverage	Creamed Asparagus on Hot Spoon Bread Tomato Slices Melon Ring Salad with Orange Sherbet Balls Beverage	Hot Dog Kabob Cook-Out Toasted Buns Sliced Cucumbers and Onions Potato Salad Devil Food Cake Squares Fruit Juice Punch
SUN	Orange Juice Broiled Bacon Fried Eggs Hot Corn Muffins Butter Grape Jam Beverage	Cooked Vegetable Salad with Vienna Sausages Baked Beans Bread Butter Peanut Crisps Beverage	Hot Spiced Pineapple Juice Rib Roast of Pork Candied Yams Glazed Onions Tossed Green Salad . . Russian Dressing Bread Butter Date Meringue Pie* Beverage

* Indicates the recipes that are included in the Recipe Section of the book.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Melon Balls Soft Cooked Eggs Toast Jelly Beverage	Roast Beef Slices in Gravy Buttered Lima Beans Spinach Salad Bread Butter Beverage	Macaroni Ham Casserole Brussels Sprouts Waldorf Salad Hard Rolls Butter Devils Food Layer Cake Beverage
TUE	Pineapple Juice Hot Wheat Cereal Cream Crunchy Orange Toast Beverage	Salmon Salad in Tomato Cups Potato Chips Pickle Fans Whole Wheat Muffins Butter Rennet Custard Cookies Beverage	Boiled Beef with Horseradish Sauce Buttered Potatoes Steamed Shredded Cabbage Carrot Curls and Radishes Bread Butter Apricot Cobbler Beverage
WED	Orange Sections Baked Eggs with Ham Chips Toast Butter Beverage	Spanish Rice with Ground Beef Green Beans Celery Seed Slaw Bread Butter Fruit Gelatin Beverage	Chicken-in-the-Basket Shoestring Potatoes Assorted Relishes Hard Rolls Butter Honey Vanilla Ice Cream . . Frozen Strawberries Beverage
THU	Blended Juice Eggs Baked in Bacon-lined Muffin Cups Hot Biscuits Butter Beverage	Frozen Fruit Salad Cream Cheese and Olive Finger Sandwiches Potato Chips Vanilla Pudding Beverage	Beef Patties in Sweet-Sour Sauce * Whipped Potatoes Parsley Buttered Whole Carrots Green Onions Bread Butter Applesauce in Baked Pastry Shell Whipped Cream Swirls Beverage
FRI	Vegetable Juice Dry Cereal with Raisins and Milk Toasted Coffee Cake Beverage	Tomato Celery Soup Deviled Egg Salad Assorted Cheeses Pumpernickel Bread Mustard Butter Fresh Fruit Bowl Beverage	Easy Shrimp Newberg* on Rice Broccoli . . Lemon Butter Head Lettuce . . French Dressing Bread Butter Sponge Cake with Raspberry Topping Beverage
SAT	Grapefruit Sections Blueberry Pancakes with Butter and Brown Sugar Beverage	Baked Liver Loaf . . Onion Gravy Stuffed Baked Potatoes Tomato Aspic Salad Bread Butter Cocoanut Cream Pudding Beverage	Spanish Omelet Hashed Browned Potatoes Buttered Peas Tossed Salad Bread Butter Frozen Nut Torte Beverage
SUN	Applesauce Poached Eggs on Grilled Ham Slices Toast Butter Beverage	French Toasted Cheese Sandwiches Frozen Fruit Salad Beverage	Roast Chicken Browned Rice and Mushroom Stuffing Green Beans Relish Tray Bread Butter Cherry Pineapple Sponge* Beverage

Indicates the recipes that are included in the Recipe Section of the book.

Photo Courtesy of American Institute of Baking

Put More Bounce into Breakfast

For family health and energy, make breakfast the "best meal of the day". It's easy to do when frozen fruits and juices, hot breads and other taste treats are waiting in your Amana. Freezer-baked waffles, pancakes, blueberry muffins, popovers, coffee cake or doughnuts are piping hot in mere minutes from the freezer.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Applesauce Sausage Scrambled Eggs on Toast Triangles Beverage	Egg Foo Yong with Mushroom Sauce Frozen Fruit Salad Caraway Muffins Butter Beverage	Round Steak Stroganoff Potato Pancakes Stewed Tomatoes and Okra Head Lettuce with Frozen Roquefort Dressing Orange Pumpkin Custard Pie Beverage
TUE	Vegetable Juice French Toast with Cinnamon Sugar Beverage	Hot Cheese-Bacon Buns Sour Pickle Chips Cooked Vegetable Salad Ice Cream on a Stick Beverage	Individual Meat Loaves with Tomato Sauce Oven Cooked Lima Beans Steamed Cabbage Wedges Prunes Stuffed with Peanut Butter on Lettuce Hot Biscuits Butter Peach Jam Beverage
WED	Orange Juice Baked Eggs Toasted Split Doughnuts Beverage	Rolled Pancakes with Creamed Chicken Filling Jellied Cranberry Salad Custard Bread Pudding Beverage	Fruit Juice Frappe Smothered Liver and Onions Buttered New Potatoes Minted Green Peas Wilted Lettuce Bread Butter Lemon Chiffon Pie Beverage
THU	Blended Juice Bacon Griddlecakes Hot Honey Butter Beverage	Cold Tomato-Cucumber Soup Open Face Hard Cooked Egg and Olive Sandwiches on Wheat Toast Celery Sticks Bananas Milk Shakes	Baked Ham Slices with Sweet Potatoes Mixed Vegetables Applesauce in Lime Gelatin on Shredded Lettuce Bread Butter Berry Deep-Dish Pie Beverage
FRI	Frozen Peaches French Omelet Hot Bran Muffins Butter Jam Beverage	Polenta with Tomato Sauce Bread Sticks Butter Large Tossed Salad Fruit Gelatin Beverage	Poached Salmon Steaks . . Cucumber Sauce Oven Roasted Corn on Cob Herb Baked Tomatoes Rye Rolls Butter Frozen Fruit Cocktail on Shredded Lettuce Cookies Beverage
SAT	Orange Sections Poached Eggs on Toast Beverage	Frankfurter Scallop* Cabbage Salad with Celery Seed Boiled Dressing Rye Bread Butter Raw Apples Beverage	Cold Fried Chicken Macaroni Salad Tomato Wedges Ripe Olives French Bread Chive Butter Blueberry Turnovers with Vanilla Sauce Beverage
SUN	Tangerine Juice Crisp Bacon Grilled Sweet Rolls Beverage	Fruit Salad Bowl with Watercress Hot Popovers Butter Toasted Nuts Mocha Milk Shakes	Tomato Juice Broiled Club Steaks French Fried Potatoes Asparagus Salad Rolls Butter Ice Cream Cake Beverage

* Indicates the recipes that are included in the Recipe Section of the book.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Orange Juice Crisp Bacon Poached Eggs on Toast Beverage	Beef Rice Soup Crackers Mixed Fruit Salad Cheese Cubes on Picks Nut Bread and Butter Sandwiches Beverage	Stewed Chicken with Cornmeal Dumplings Fried Apple Rings Buttered Kale Grated Carrot Salad Chocolate Chiffon Cake with Whipped Cream Frosting Beverage
TUE	Sliced Bananas Dry Cereal with Milk Hot Corn Muffins Butter Beverage	Deviled Eggs Peas, Cheese and Chopped Pickle Salad Crisp Crackers Butter French Toast with Fruit Topping Molasses Milk	Baked Stuffed Pork Chops Succotash in Cream Tossed Salad Bowl Bread Butter Cantaloupe a la Mode Beverage
WED	Grapefruit Halves Soft Cooked Eggs Buttered Toast Beverage	Big Bowl of Chicken-Okra Gumbo Corn Muffins Butter Raspberry Gelatin with Ice Cream Topping Beverage	Beef Curry with Raisin Rice French Fried Eggplant Tomato Wedges Hard Rolls Butter Gold and White Dessert-Salad (Apricot Halves on Cottage Cheese and Dusted with Cinnamon) Beverage
THU	Vegetable Juice Sausage Patties Fried Eggs Buttered Toast Beverage	Saved-over Beef Stew from Freezer Baked with Drop Biscuit Crust Cabbage and Orange Slaw Amana Frozen Suckers Beverage	Tamale Casserole* Spinach with Lemon Slices South of the Border Salad of Sliced Bananas and Avocado Wedges Sprinkled with Cocoanut Coffee Souffle with Almond Custard Sauce Beverage
FRI	Applesauce Scrambled Eggs Toast Butter Strawberry Jam Beverage	Tuna a la King on Waffles Frozen Cranberry Relish Buttered Broccoli Spears Beverage	Individual Vegetable Pies with Cheese Sauce French Fried Onion Rings Sliced Egg and Tomato Salad . . Russian Dressing Layer Cake . . Freezer Chocolate Frosting* Beverage
SAT	Sliced Bananas on Oatmeal with Brown Sugar and Cream Toast Butter Beverage	Frosted Fruit Cup Toasted Peanut Butter Sandwiches Celery Curls Honey Milk Shakes	Ham Loaf Sweet Potato Balls Herbed Green Beans Grapefruit Section and Green Pepper Ring Salad Cinnamon-Crunch Topped Muffins Butter Beverage
SUN	Orange Juice Bacon Omelet Raisin Muffins Butter Beverage	Cold Fruit Soup Wheat Wafers Chocolate Waffles a la Mode Beverage	Swiss Steak Whipped Potatoes Brussels Sprouts Hollandaise Green Salad Cloverleaf Rolls Butter Pineapple Ginger Refrigerator Cake* Beverage

* Indicates the recipes that are included in the Recipe Section of the book.

Amana Planned Menus

	BREAKFAST	LUNCHEON	DINNER
MON	Blended Juice Baked Eggs in Toast Cups Beverage	Grilled Franks in Buns Pickle Relish Cabbage and Carrot Slaw Date Meringue Cookies Malted Milk	Beef Chop Suey on Buttered Rice Almond Green Beans Green Salad Bowl Bread Butter Frozen Pineapple and Banana Kabobs Beverage
TUE	Orange Sections Broiled Bacon Scrambled Eggs Buttered Toast Beverage	Iced Tomato Soup* Melba Toast Corn Pudding Spiced Beets Spinach with Sliced Egg Bread Butter Beverage	Boiled Beef . . Tomato Gravy Fluffy Mashed Potatoes Buttered Mixed Vegetables Cucumbers in Sour Cream Bread Butter Toasted Pound Cake . . Ice Cream Topping Beverage
WED	Blended Juice Shirred Eggs Raisin Muffins Butter Beverage	Ground Roast Beef and Chili Sauce Spread on Pumpernickel Raw Relishes Tropical Freeze* Plain Cookies Beverage	Broiled Ham and Pineapple Corn on Cob Cooked Vegetable Salad Rolls Butter Red Cherry Pie with Hard Sauce Beverage
THU	Baked Apples Scrambled Eggs with Bacon Bits Toast Butter Beverage	Vegetable Beef Soup Toasted Crackers Cottage Cheese and Pear Salad Nut Muffins Butter Marmalade Beverage	Charcoal Broiled Steak Shoestring Potatoes Green Peas Lettuce Salad . . Sharp Dressing Rolls Butter Vanilla Ice Cream with Hot Apple Butter Beverage
FRI	Orange Juice Hot Wheat Cereal with Raisins Cinnamon Toast Beverage	French Toasted Cheese Sandwiches Apple, Celery, Raisin and Nut Salad Cookies Pink Lemonade	Crisp Fried Perch Fillets Hush Puppies Stewed Tomatoes and Corn Tossed Salad . . French Dressing Green Apple Pie Beverage
SAT	Tomato Juice Fried Eggs Toasted Coffee Cake Beverage	Baked Beans and Pickle Sandwiches on Rye Cabbage and Spinach Slaw Frosted Raspberries Sugar Cookies Chocolate Milk	Barbecued Short Ribs of Beef Oven Browned Potatoes Peas and Carrots Lettuce Hearts with Garlic Dressing Bread Butter Dutch Apple Cake Beverage
SUN	Grapefruit Sections Ham Waffles Hot Honey Butter Beverage	Chef's Salad with Julienne Cold Cuts Barbecued French Bread* Serve-Yourself Plate of Dates, Cheese Cubes, Shelled Nuts, Crackers Beverage	Shrimp Cocktail Ham-Cheese Pie* Cauliflower with Brown Butter Sauce Sliced Avocado and Red Apple Salad Ice Cream with Choice of Sundae Toppings* Sponge Cake Cookies Beverage

* Indicates the recipes that are included in the Recipe Section of the book.

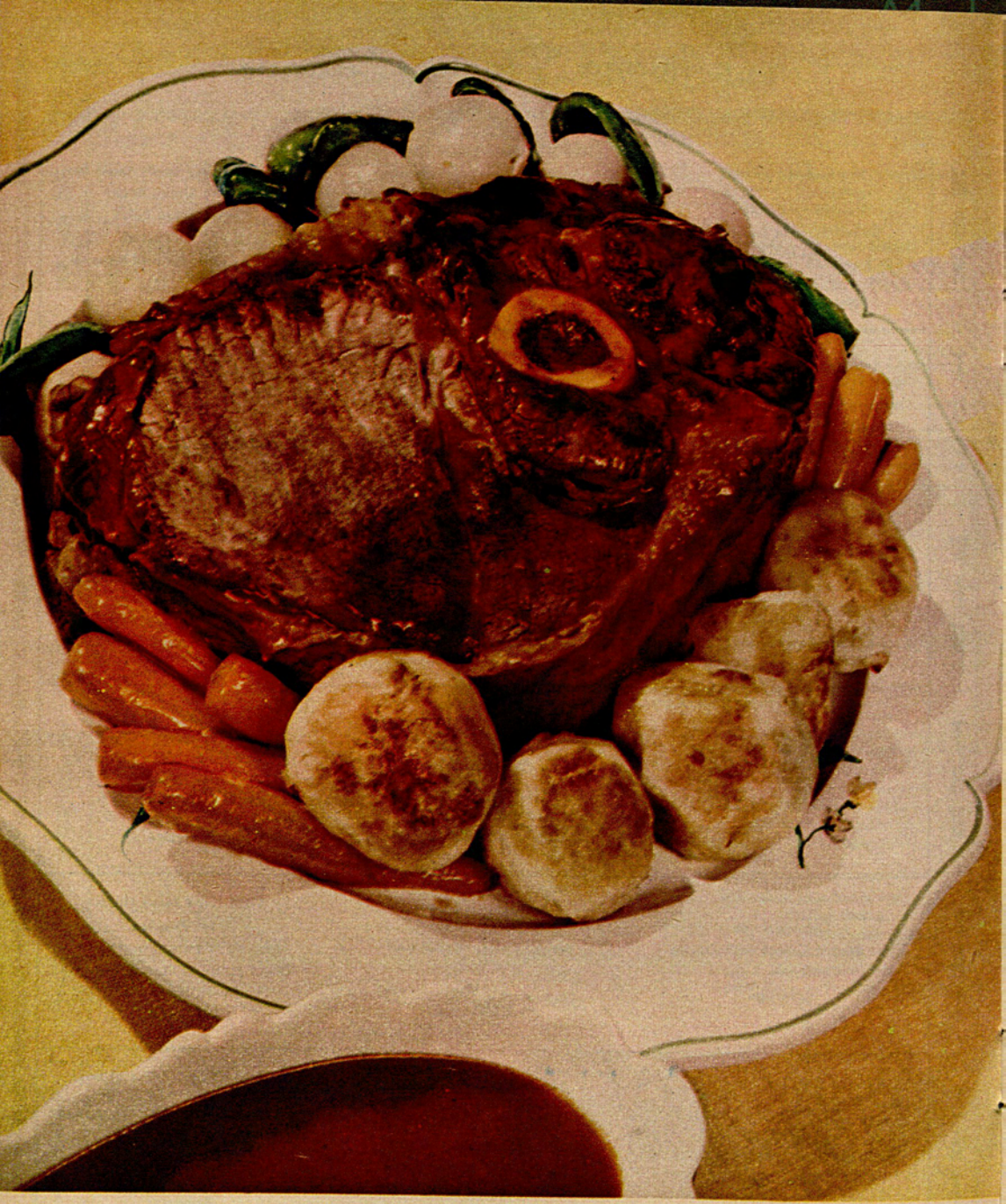


Photo Courtesy of American Meat Institute

Meat is the Mainstay of Your Freezer

Meat represents the biggest figure in your food budget and the prime-ary part of your daily meals. It's the "main course" to freezer living. So — we've paid added attention to meat-meals in this book — knowing that a few practical suggestions will be highly valuable to you.

Budget-balance Your Meat Choice

The average food package includes various "lesser-known" cuts of meat such as flank steak, ribs, etc., as well as the familiar T-bones and roasts. These less-familiar meat cuts should be used *regularly* in your weekly menus so that you keep your food selection in balance . . . budget-wise and assortment-wise.

Stew Can Be Highly Stupendous

There are hundreds of thrifty meat dishes that rank high on the list of choice foods. Plain, but well-prepared meals like stew, meat loaf, goulash are every bit as delicious and nutritious as the fancier steaks and roasts. And, too, these best-of-the-budget meals are wonderfully convenient if you prepare two or three meals at one time . . . freeze and save for the future.

Imagination is a Cook's Best Friend

. . . a thrifty cook, anyway. Imagination — spiced with the recipes on the following pages — can do fascinating things with your plain everyday cuts of meat. You can masquerade ground beef in a hundred different ways . . . short ribs, boiling beef, flank steak, all sorts of thrifty meat-meals can be dreamed up to be both fancy . . . and frugal.

Package by the Portion

You'll be wise to package individual cuts of meat for easy separation and cooking without thawing. This way you eliminate the need of planning ahead, and you always have an extra serving or two in case the need arises. A double layer of freezer paper between individual hamburger patties, steaks, chops, etc., makes the meat easily separated.

Learn to be a Meat Miser

All bones in your meat order are basic ingredients for delicious meat stock or soup. Save meat drippings and gravy when you broil or roast, freeze for flavorful additions to other dishes in later meals. Render any suet which might be included with your meat order. You'll find it excellent for any type of pan-broiling or browning.

Hamburger Fluff

½ cup raw rice (or 2 cups cooked)
1½ lb. ground beef
1 large onion, chopped
1½ tsp. salt
1 tsp. pepper
1 cup cooked green peas
2 cans condensed tomato soup
¼ cup sliced mushrooms (optional)

Cook rice in boiling salted water until tender; drain and wash. Brown hamburger in a small amount of fat. Mix all ingredients together lightly. Bake in 350° oven for 35-40 minutes. 6 servings.

Cheese Meat Loaf

2½ lbs. ground beef
1 cup chopped cheese
3 Tbsp. chopped green pepper
⅔ cup chopped onion
2½ cups dry bread crumbs
1 Tbsp. salt
½ small bay leaf, crushed
¼ tsp. thyme
Dash of garlic salt
3 eggs, beaten
2½ cups tomato puree

Mix the beef, cheese, green pepper, onion, crumbs and seasonings lightly but thoroughly. Combine eggs and tomatoes, and blend into meat mixture. Form into 2 loaves or 1 loaf and 6 patties.

If meat loaf is to be frozen unbaked, package in freezer wrap, seal and freeze. Bake frozen uncooked meat loaf uncovered at 350° F. for about 1½ hours, or until done.

For frozen baked meat loaf, bake loaves in metal freezer containers or loaf pans at 350° F. for about 1 hour. Cool quickly. Cover and wrap for freezer storage. Seal and freeze. To serve: Reheat at 400° F. for about 1 hour. Or, thaw frozen baked loaf in refrigerator, slice and serve cold.

Swedish Meat Balls

(2 casseroles, 6 servings each)

3 lb. ground beef
½ cup finely chopped onion
3 eggs
1½ cups fine, dry bread crumbs
2 cups milk
1 Tbsp. salt
½ tsp. pepper
1 Tbsp. brown sugar
½ tsp. allspice
1 tsp. nutmeg
Flour
4 Tbsp. fat
2½ cups milk or bouillon

Meat should be ground very fine; if this has not been done, put through meat chopper once or twice. Mix together lightly the ground beef, onion, beaten eggs, crumbs, 2 cups milk, seasonings and sugar. Shape mixture into balls about 1½ inches in diameter and roll in flour. Heat fat in heavy pan and brown balls on all sides. Remove from frying pan and divide between two 1½-qt. baking dishes. If surplus fat has accumulated in frying pan, pour off all except ¼ cup. Blend in 4 Tbsp. flour and mix to a smooth paste. Slowly stir in 2½ cups milk or bouillon and cook until thickened. Season with 2 tsp. salt and ½ tsp. pepper. Pour over meat balls.

If one casserole is to be used immediately, cover and bake in moderate oven (350°) for 20 minutes. Plan to bake frozen casserole about 45 minutes at the same temperature.

Tamale Casserole

1 lb. ground beef
2 Tbsp. shortening
1 cup chopped onion
1 #2½ can (3½ cups) tomatoes
1 pkg. frozen corn
1 Tbsp. chili powder
4 tsp. salt
¾ cup cornmeal
1 can (4½-oz.) pitted ripe olives
1 cup grated sharp cheese

Brown meat and onions in hot shortening. Add tomatoes, corn, chili powder, and salt and simmer for a few minutes. Slowly stir in cornmeal. Cook over low heat 15 minutes, stirring frequently. Remove from heat. Fold in olives. Pour mixture into 2-qt. casserole. Top with grated cheese. Bake for 30 minutes at 350°F. 6 servings.

Beef and Kidney Ragout

Dredge with flour, seasoned well with salt and pepper, 3 lbs. lean stewing beef cut in 1½-inch cubes. Brown in 3 Tbsp. butter.

Remove fat from 3 veal kidneys, slice thin, cover with water and cook 15-20 minutes. Skim off scum. Drain kidneys and strain broth through fine sieve.

When beef is browned, add 1 quart broth (kidney broth, plus water if needed), 2 Tbsp. paprika, 1 Tbsp. meat sauce, 1 Tbsp. Worcestershire sauce, ½ bay leaf crushed, ⅛ tsp. pepper, 3 large onions minced, ½ cup minced celery, ¼ cup minced parsley, 1 clove garlic minced, and the sliced kidneys. Simmer, covered, about 2 hours until beef is tender.

In last ½ hour add ½ pound sliced mushrooms and more salt if necessary. When meat is tender, skim off fat floating on top.

Thicken slightly with a smooth paste of 2 Tbsp. flour and a little water. Cook a few minutes, stirring so gravy will be smooth. Serve in a deep hot casserole.

Beef Cubes in Sour Cream

(6 servings)

2 lb. beef stew meat or meat from beef shank, cut in 1-inch cubes
Flour
3 onions, 1½-inch in diam., sliced
1 cup water
Salt and pepper to taste
½ tsp. paprika
1 cup thick sour cream

Coat beef cubes with flour; brown in small amount hot fat. Add onions; pour hot water over meat and season with salt and pepper. Cover tightly and cook slowly until meat is tender, 2 hours or more. Add paprika to sour cream and pour over meat; simmer 2 minutes. Serve hot with buttered noodles, whipped potatoes or steamed rice.

Grandma's Meat Loaf

1 lb. ground lean beef
4 saltines, crushed
1 small onion, minced
1 Tbsp. minced parsley
⅛ tsp. (or more) dill seed
¾ tsp. salt
¼ tsp. pepper
¼ cup chopped celery
¼ cup chopped green pepper
½ cup tomato juice
1 clove garlic

Rub loaf pan with cut clove of garlic. Toss ingredients together very lightly, adding half of tomato juice last. Spoon carefully into baking pan; do not pack. Bake at 350°F. for 45 minutes, then add rest of tomato juice. Bake about 15 minutes longer.

Photo Courtesy of American Dairy Association

Baked Cheeseburgers in Tomato Sauce

1 lb. ground beef
1 tsp. salt
6 slices process cheese
1 can tomato soup

Add salt to ground beef and shape into six patties. Arrange in shallow baking dish. Place slice of cheese on top of each meat patty. Pour one can of tomato soup over the patties. Bake in 350° oven for 30 minutes. 6 servings.

Why not make a huge success of dinner when you prepare this recipe. With Baked Cheeseburgers in Tomato Sauce, serve crispy French fried potato sticks, green beans with onion, oven-warmed French bread, pepper slaw, and offer a choice of desserts from the Amana.

Barbecued Beans and 'Burgers

4 cups (or 2 1-lb. cans) baked beans
2 cups (or 1 1-lb. can) kidney beans
1 pkg. frozen lima beans, partially defrosted
¼ cup brown sugar
1 Tbsp. prepared mustard
1½ tsp. salt
¼ tsp. pepper

Combine above ingredients and spoon into two 1½-qt. casseroles. Mix together lightly:

1½ lb. ground beef
1½ tsp. salt
½ tsp. pepper
1 small onion, chopped

Form into 6 or 8 patties. Brown in a small amount of hot fat. Arrange patties on top of beans. Make the following sauce:

¾ cup catsup
½ cup water
2 Tbsp. vinegar
½ tsp. prepared mustard
1 Tbsp. butter or margarine
1 Tbsp. brown sugar

Simmer 15 minutes. Pour over beans and 'burgers. Bake in 350°F. oven 35 minutes. 6-8 servings.

Beef Patties in Sweet-Sour Sauce

2 cups soft bread crumbs
¼ cup chopped onion
1 tsp. salt
⅛ tsp. thyme
½ cup water
1 lb. ground beef
1 cup sliced onion
¼ cup brown sugar
1 Tbsp. flour
¼ cup vinegar
2 Tbsp. water
2 tsp. prepared mustard

Combine crumbs, chopped onion, seasonings and ½ cup water. Let stand 5 minutes. Mix lightly into meat. Shape into four patties; brown in small amount of hot fat. Cover with sliced onions. Combine brown sugar, flour, vinegar, 2 Tbsp. water and prepared mustard. Pour over meat patties. Cover and simmer 30 to 35 minutes.

Peter Piper's Pepper Dinner

8 large green peppers
1 lb. ground beef
1 tsp. salt
1 small onion, grated
4 medium tomatoes, chopped
1½ cups corn, fresh or frozen
¼ tsp. pepper
1 Tbsp. minced parsley
1 tsp. monosodium glutamate
Buttered crumbs

Cut out tops of peppers and remove seeds. Cook peppers in boiling water 3 minutes; drain and cool. Meanwhile, brown the ground beef, then add grated onion, tomatoes, corn, pepper, minced parsley and monosodium glutamate. Stuff peppers with this mixture and top with buttered crumbs. Bake in a moderate oven (350°F.) about 45 minutes. Cool, wrap each pepper in foil, and freeze. They'll be waiting in your Amana for a 20 minute trip from oven (350°) to table.

Squaw Corn Casserole

1 lb. ground beef
2 Tbsp. fat
2 eggs
½ cup milk
1 cup soft bread crumbs
1 tsp. salt
1 pkg. frozen corn
2 tsp. prepared mustard
¼ cup minced onion
½ cup bread crumbs
2 Tbsp. melted butter

Brown ground beef in hot fat. Beat eggs slightly; stir in milk and crumbs. Add to meat with salt, corn, mustard and onion. Mix well. Turn into 1½-quart casserole. Cover with buttered crumbs. Bake at 350°F. for about 30 minutes.

Marinated Round Steak with Mushrooms

- 1½ lb. round steak
- ½ lb. mushrooms (or 6¾ oz. can)
- 1 tsp. prepared mustard
- 4 tsp. chili sauce
- 4 Tbsp. lemon juice
- 1 Tbsp. melted butter
- 1 tsp. Worcestershire
- 1 Tbsp. grated onion
- ½ tsp. paprika
- 1 tsp. salt
- Dash of pepper

Combine mustard, chili sauce, lemon juice, Worcestershire, onion and paprika. Marinate defrosted steak in this sauce for 2 to 6 hours (in refrigerator). Saute sliced mushrooms in butter. Drain steak and brown on both sides. Add 1 cup water to sauce, pour over steak and mushrooms, cover closely and cook over very low heat for about 1 hour, or until tender.

Spicy Pot Roast

Select an inexpensive cut of beef (arm Swiss, chuck roast or similar cut) weighing 3 to 4 lbs. Wipe meat with cold, damp cloth. Brown on all sides in heavy kettle in own fat or hot shortening. Add 1½ cups water, ½ cup vinegar, ½ tsp. whole cloves, 2 bay leaves, 1 large onion sliced, and 2 tsp. salt. Bring liquid to a boil; cover closely and simmer 2 hours, or until meat is very tender. Crumble 18 to 20 gingersnaps and use to thicken gravy.

Beef Shanks in Tomato Sauce

- 2 beef shanks
- Small piece suet or other fat
- 1 clove garlic
- ½ cup sliced onion
- 1 6-oz can tomato sauce
- ½ cup water
- 1 Tbsp. minced parsley
- 1 tsp. salt
- 1 bay leaf
- ⅛ tsp. pepper

Render suet or heat other fat in heavy pan. Brown shanks on all sides with garlic and onion. Remove garlic. Add remaining ingredients. Cover closely and simmer over very low heat until tender, 2 hours or longer.

Barbecued Beef Kidney

(4 servings)

- 1 beef kidney (about 1¼ lbs.)
- 2 onions, sliced
- 2 Tbsp. fat
- 3 Tbsp. vinegar
- ¼ tsp. chili powder
- 2 Tbsp. Worcestershire
- 1 tsp. salt
- ⅛ tsp. cayenne pepper
- ½ tsp. monosodium glutamate
- ½ cup catsup

Wash kidney; remove outer membrane. Split through center; remove fat and tubes. Cut kidney in small pieces. Cook, covered, in 2 cups water about 2 hours, or until tender. Drain. Saute onions in fat; add 1 cup water and remaining ingredients. Cover and simmer 30 minutes. Add kidney; simmer 20 minutes longer.

Curried Veal

- 1 lb. lean veal (inexpensive cut)
- 2 Tbsp. fat
- ⅝ cup raw rice
- 2 tart apples, pared and diced
- ½ cup seedless raisins
- 1 onion, chopped
- ½ tsp. curry powder
- ⅛ tsp. ginger
- 2 tsp. salt
- Few grains pepper
- 2 cups water
- 2 Tbsp. butter

Cut veal in 1-inch cubes; brown on all sides in 2 Tbsp. fat. Add remaining ingredients, cover closely and cook over low heat about 1¼ hours. Garnish with parsley.

Barbecued Duck with Pecan Dressing

Prepare ducks for roasting. Mix the following ingredients for dressing:

1 cup chopped celery
1 cup chopped onion
1 cup seeded raisins
1 cup chopped pecans
4 cups soft bread crumbs
½ tsp. salt
2 beaten eggs
1 cup scalded milk

Stuff the ducks with the dressing and sew up the openings. Roast as usual and baste the ducks with your favorite barbecue sauce during cooking.

Cranberry Glazed Chicken

(Serving cranberry sauce with chicken is an accepted favorite but cooking the chicken in a spicy, cranberry sauce is something new — the touch to tease your family's appetite and make them clamour for second helpings.)

1 young chicken, 2 to 2½ lb., cut up
½ cup all-purpose flour
2 tsp. paprika
2 tsp. salt
1½ tsp. ground cinnamon
1 tsp. ground ginger
¼ tsp. pepper
Fat for browning
1 Tbsp. water
1½ cups whole cranberry sauce
½ cup water
5 whole cloves

Blend flour, paprika, salt, cinnamon, ginger and pepper in a can with a tight cover or in a plastic or sturdy paper bag. Drop chicken, 2 or 3 pieces at a time, into can or bag and shake to coat evenly. Heat ½-inch of fat in a heavy skillet until a drop of water just sizzles. Start browning the meaty pieces first, slipping less meaty pieces in between as the chicken browns. Turn as necessary to brown and cook evenly. When the chicken is lightly browned, spoon off all but ¼ cup of the fat, add the 1 Tbsp. water, cover tightly and cook over low heat, 20 minutes; turn as necessary to cook evenly. Meanwhile, crush cranberry sauce with fork; blend with the ½ cup water. Pour 1 cup of this cranberry mixture over chicken; add cloves. Cover and simmer 15 to 20 minutes or until the thickest pieces are fork-tender. Turn as necessary to prevent sticking and uneven browning. Add the remaining cranberry mixture and simmer uncovered for several minutes to heat and reduce cranberry mixture to a thick sauce. If desired, add additional cinnamon and ginger to suit taste. Remove cloves. 4 to 5 servings.

— Recipe courtesy Poultry and Egg National Board

Sunday Chicken

(2 casseroles-4 servings each)

2 2½-3 lb. fryers, cut up
¾ cup flour
2 tsp. paprika
2 tsp. salt
½ cup shortening
½ cup chopped onion
¼ tsp. pepper
½ cup chopped green pepper
½ cup mushrooms, sliced
1½ cups top milk
1½ cups chicken stock or water and bouillon cubes
½ cup slivered, toasted almonds

Mix paprika, salt and pepper with flour; coat cut-up fryers. Cook in hot shortening until golden brown on all sides. Drain chicken on absorbent paper and divide between two 2-qt. casseroles. Add onion, green pepper and mushrooms to fat in which chicken was browned, and saute until tender. Stir in flour left from coating chicken and slowly add top milk, then stock. Simmer, stirring frequently, until sauce is thickened. Pour sauce over chicken and sprinkle slivered, toasted almonds on top. Cover casseroles closely.

Freeze for another day when you place frozen casserole (still covered) in moderate oven (350°F.) about 1½ hours. Or, to serve immediately, bake 50-60 minutes at same temperature.

Simmered Chicken

(To cook a stewing chicken for use as cold sliced chicken or in "made" chicken dishes for the freezer.)

Disjoint or leave whole, a 3½ to 5 lb. stewing chicken. Cover with hot water and add 1 sliced carrot, 1 sliced onion, 3 celery tops, 2 or 3 whole cloves, 1 bay leaf, a few whole black peppers and 1 Tbsp. salt to the water.

Cover closely and simmer 3 to 4 hours, or until chicken is fork-tender. Add more water if needed during cooking period.

Remove chicken from broth, cool both broth and chicken quickly. Slice or dice chicken and package meat and broth in recipe-size quantities for your Amana. Or prepare "made" chicken dishes to freeze for later use.

A 4½ lb. ready-to-cook stewer will yield about 3 cups diced, cooked chicken.

Photo Courtesy of Poultry and Egg National Board

Plantation Shortcake

(6 generous servings)

¼ cup butter
½ cup flour
3 cups chicken broth
2 cups cooked chicken, cubed
1⅓ cups top milk
2 egg yolks
1 small can mushrooms
1 cup cooked ham, cut in narrow strips

Melt butter and blend in flour until smooth. Add chicken broth and cook until thickened, stirring constantly. Stir in top milk which has been combined with slightly beaten egg yolks. Continue cooking only long enough for mixture to become heated through. Fold in drained mushrooms, ham and chicken. Cool rapidly and freeze in rigid container.

To serve: heat in top of double boiler and spoon mixture over toasted cornbread squares.

Chicken Shortcake

(6 servings)

- 2 cups well-seasoned chicken stock
- 2 Tbsp. flour
- 2 cups diced, cooked chicken or turkey
- 2 cups leftover cooked vegetables (or frozen mixed vegetables)
- ¾ cup sifted flour
- 2 tsp. baking powder
- ¾ tsp. salt
- 1 Tbsp. sugar
- ¾ cup yellow cornmeal
- 1 beaten egg
- ½ cup chicken stock
- ¼ cup milk
- 3 Tbsp. melted shortening
- ¼ cup drained, chopped mushrooms (optional, but if used, add remainder of can to filling)

Blend 2 Tbsp. flour to a smooth paste with part of cold chicken stock (2 cup measure). Heat remainder of 2 cups stock and stir in paste. Cook over low heat, stirring constantly, until thickened. Combine with diced chicken or turkey and vegetables. Ladle into a 2-qt. baking dish.

Sift together the ¾ cup flour, baking powder, salt and sugar. Add cornmeal and mix thoroughly. Combine beaten egg, ½ cup chicken stock, milk, melted shortening and mushrooms; add to dry ingredients and mix until smooth. Pour over chicken mixture and bake 30 minutes at 400° F.

Favorite Chicken Croquettes

- ¼ cup chicken or other fat
- 6 Tbsp. flour
- 2 cups chicken stock
- 3 cups chopped, cooked chicken
- 3 cups cooked rice
- 2 Tbsp. lemon juice
- 1½ tsp. salt*
- 1 tsp. onion salt*
- ¾ tsp. celery salt*
- 1 Tbsp. finely chopped parsley
- ½ tsp. pepper
- ¾ tsp. monosodium glutamate
- ¼ tsp. marjoram

* If broth and/or cooked rice have already been salted, do not add entire amount of salts without tasting.

Melt fat, add flour and blend to a smooth paste. Slowly stir in heated stock and cook, while stirring, until sauce is thickened. Cool slightly. In the meantime, combine remaining ingredients. Add sauce to chicken mixture, mix thoroughly. Chill. Shape into 12 croquettes. Dip croquettes in milk or slightly beaten egg, roll in dry crumbs or crushed wheat cereal. Freeze if desired.

Frozen croquettes may be placed in well-buttered pan and baked in a 400°F. oven for about 30 minutes. If croquettes are to be fried, partially defrost before frying in hot, deep fat.

Chicken Corn Casserole

(20 servings)

- ½ lb. butter or margarine
- 2¼ cups flour
- 1½ qt. hot chicken broth
- 1½ tsp. salt
- ½ tsp. pepper
- 2 Tbsp. minced onion
- 1¾ qt. diced, cooked chicken
- 1½ qt. cooked, drained corn
- 1½ cups grated sharp cheese
- ¾ cup chopped pimiento

Melt butter, blend in flour, stir in hot broth, salt and pepper. Cook until thickened, stirring constantly. Combine with minced onion, chicken, corn, cheese and pimiento. Spoon mixture into two, four or five casseroles, as desired. Top with buttered bread crumbs. Freeze casseroles to be used at another time. To serve: bake at 350°F. for 30 minutes; or if frozen, add 20-30 minutes to baking time.

Company Casserole

½ lb. pork sausage
½ cup chopped green pepper
½ cup chopped onion
¼ cup flour
½ tsp. salt
1 1-lb. can (2 cups) chicken broth
1 cup light cream
½ cup chopped ripe olives
¼ cup minced parsley
3 cups cubed, cooked chicken or turkey
½ cup buttered bread crumbs

Brown the pork sausage; then add chopped green pepper and onion and brown lightly. Remove from heat. Blend in flour and salt. Add chicken broth and light cream. Cook until thickened, stirring constantly. Combine sauce with olives, parsley and cubed chicken or turkey. Pour into medium casserole and top with buttered bread crumbs. Bake at 350° for about 45 minutes. This dish may be frozen before or after baking, as desired. Nice to garnish with extra ripe olives and parsley.

Chicken Country Captain

¼ cup butter or margarine
1 cup coarsely cut celery
3 medium onions, chopped
1 green pepper, chopped
2½ cups diced, cooked chicken
1 #2½-can tomatoes
¼ cup currants
1½ tsp. curry powder
1½ tsp. salt
¼ tsp. pepper
4 Tbsp. flour
1 cup chicken stock

Heat butter and saute celery, onions and green pepper until tender. Combine with chicken or turkey, tomatoes, currants and seasonings. Simmer a few minutes, then add flour mixed to smooth paste with stock. Cook, stirring carefully, until mixture thickens. Freeze all or a part, if desired. Serve over steamed rice. 6 servings.

Chicken Pancakes

1 cup sifted flour
2 tsp. baking powder
½ tsp. salt
⅛ tsp. mace
¼ tsp. nutmeg
⅛ tsp. thyme
Dash of cayenne
3 Tbsp. melted butter
1 cup milk
1 small onion, grated
2 cups finely cubed, cooked chicken

Sift together the flour, baking powder, salt, mace, nutmeg, thyme and cayenne. Combine melted butter and milk; stir into dry ingredients. Add onion and chicken; beat until smooth. Bake pancakes on a lightly greased griddle or skillet, turning just once. Makes 10 small, or 5 larger, pancakes.

Turkey-Chicken Loaf
(3 loaves, 12-15 servings)

3 cups cooked chicken or turkey
2 cans (10-oz.) condensed chicken soup
3 cups soft bread crumbs
1 cup chopped cooked carrots
1 cup chopped celery
½ cup chopped green pepper
½ cup chopped onion
1 tsp. salt
¼ tsp. pepper
2 eggs, beaten slightly
1 cup cooked green peas

Strain chicken from soup; combine with turkey or chicken and chop fine or grind. Add remaining ingredients and blend thoroughly. Divide mixture between three greased loaf pans. Set loaves in pan of hot water and bake at 350°F. for 1 hour.

L'Ambrosia

(Food for the gods . . . . . and your family . . . . .)

1½ lb. lean ground lamb
1 tsp. salt
⅛ tsp. black pepper
2 Tbsp. minced onion
1 Tbsp. lemon juice
¼ cup shredded cocoanut
6 slices pineapple

Mix ground lamb lightly with all ingredients except pineapple. Form into patties about 1-inch thick. Arrange patties and pineapple on broiler rack. Broil 5 minutes; then lay patties, brown side down, on pineapple rings. Broil about 5 minutes longer.

Frankfurter Quail

Cook frankfurters, allowing two for each portion. Cook and mash potatoes, allowing one large potato for each portion; add crumbled, cooked bacon and grated sharp cheese to taste.

Arrange 2 frankfurters together and pile potatoes to form a mound on top. Sprinkle with additional grated cheese. Place under broiler to heat and brown lightly. These may be wrapped individually in freezer foil and frozen. In this case, do not brown until ready to serve.

Frankfurter Scallop

3 medium potatoes, sliced thinly
Salt and pepper
½ lb. frankfurters, cut in ½" pieces
½ cup grated sharp cheese
2 medium onions, sliced
¼ cup minced parsley
¼ cup minced celery leaves
2 tomatoes, sliced
½ can condensed mushroom soup

In a heavy skillet or Dutch oven, combine layers of above ingredients. First, the sliced potatoes sprinkled with salt and pepper; next the frankfurter rounds and grated cheese; next onions topped with minced parsley and celery leaves; and finally sliced tomatoes. Spoon mushroom soup over top. Cover and simmer very slowly about 40 minutes, or until potatoes are tender. 5-6 servings.

Frankburgers

(6 servings)

¾ cup cornmeal
2 tsp. salt
3 cups water
½ lb. frankfurters
2 tsp. prepared mustard
3 Tbsp. fat

Slowly stir cornmeal into boiling, salted water. Stir constantly and cook until thick. Remove from heat and add ground or finely chopped franks and mustard. Mix well. Drop by heaping teaspoonsful onto plate; let stand until cold. Fry slowly in hot fat until brown on both sides.

You may wish to make Frankburgers in larger quantity and freeze before frying. Then, to cook, just take out of the freezer and fry.

Mystery Casserole

Save all the little scraps of meat and poultry from the family dinner platter. Keep the scraps in a clean, empty coffee can (or other container) in the freezer, adding different kinds of cooked meat as they accumulate — the more varieties the better. When you have collected about 2 cups of meat, cut the pieces into bite sizes and mix with ¼ cup finely chopped onion (or celery or green pepper). Arrange in casserole and pour over one can condensed celery or mushroom soup. Mix lightly; top with buttered crumbs. Bake in a 350° oven for 20-25 minutes.

Basic Italian Tomato Sauce

½ cup olive or other cooking oil
2 cups minced onion
½ cup chopped fresh parsley
OR . . .
3 Tbsp. parsley flakes
2 cloves garlic, mashed
4 cups celery, chopped
6 cups tomatoes
3 6-oz. cans tomato paste
1½ Tbsp. salt
¾ tsp. black pepper
½ tsp. oregano
½ tsp. nutmeg
½ tsp. thyme
5 cups stock or water and 4 bouillon cubes

Heat oil in large, heavy pan; add onion, parsley, garlic and celery; saute until vegetables are tender. Add remaining ingredients. Simmer very slowly for 3-3½ hours, stirring occasionally. Cool; pour into 6 1-pint freezer containers and freeze.

To Serve . . .

MEATLESS SPAGHETTI. Thaw and reheat sauce over hot water. Serve over cooked spaghetti. (An 8-oz. pkg. of spaghetti serves 3-4, with 1 pint of sauce.)

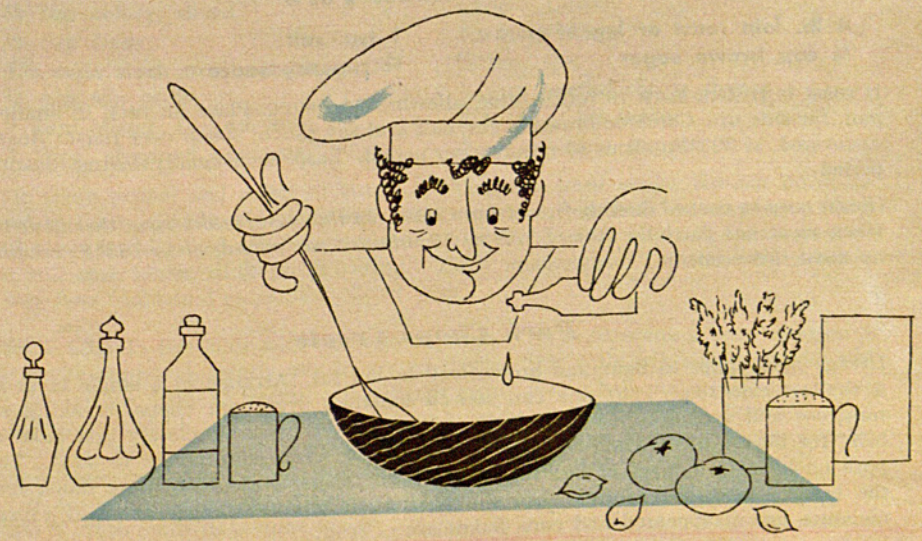
SPAGHETTI WITH MEAT BALLS. Prepare your own favorite meat balls, using 1-lb. ground meat. Brown meat balls in hot fat, simmer for 10 minutes in 1 pint of basic sauce before serving over cooked spaghetti.

MUSHROOM SPAGHETTI SAUCE. Saute ½ lb. sliced, fresh mushrooms in a little butter and add to 1 pint of basic sauce.

ANCHOVY SPAGHETTI SAUCE. Add 1 cup shredded anchovies to 1 pint of the basic sauce.

CLAM SPAGHETTI SAUCE. Chop 3 dozen clams (leave whole if they are small), heat gently in their own liquor until edges curl. Add to 1 pint of basic sauce.

SPAGHETTI WITH MEAT SAUCE. Brown ¾ lb. ground beef in heavy skillet, stirring frequently. Add 1 pint basic sauce and simmer 10-15 minutes. Salt to taste. Serve over cooked spaghetti.



Barbecued Spareribs, Southern Style

(6 servings)

4 lbs. spareribs, cut in 3-rib portions
½ cup vinegar
1 tsp. salt
1 tsp. dry mustard
1 Tbsp. celery seed
1 Tbsp. Worcestershire
1½ tsp. chili powder
1 cup catsup
2 Tbsp. sugar
1 tsp. paprika
½ tsp. pepper
⅛ tsp. liquid smoke
⅛ tsp. Cayenne pepper

Place spareribs on a rack in a large pan. Pour in water to ½-inch depth. Cover tightly. Cook over low heat for 1½ hours or until ribs are tender. Combine remaining ingredients for barbecue sauce. Drain any liquid from ribs, remove rack from pan. Pour 1 cup sauce over ribs. Bake in a slow (325°F.) oven for 1 hour. Pour remaining sauce over ribs during last half hour of baking. For best flavor, be sure ribs are coated with sauce at all times.

Pork Herb Casserole

2 medium onions, chopped
2 Tbsp. fat
Salt and pepper to taste
1 Tbsp. minced parsley
¼ tsp. oregano
2 cups chicken stock or bouillon
2 cups cooked, diced vegetables
2 cups diced, cooked pork
1 recipe for biscuit dough (2 cups flour and add ¼ tsp. poultry seasoning)

Saute chopped onions in hot fat. Add seasonings, stock or bouillon. Heat to boiling point and thicken with 2 Tbsp. flour mixed to a paste with 2 Tbsp. cold water. Add diced pork and vegetables; simmer for a few minutes. Pour mixture into 1½-qt. casserole. Prepare biscuit dough. Cut 2-inch biscuits and arrange on top of filling. Bake at 400°F. 25-30 minutes, or until biscuits are golden brown.

Chinese Roast Pork

4 lb. loin roast or leg of pork
¼ cup brown sugar
1 tsp. salt
½ cup soy sauce

If roast is frozen, thaw in refrigerator, allowing 24 hours. Place on rack in shallow pan, fat side up. Combine brown sugar, salt and soy sauce; spoon over roast. Roast, uncovered, at 325°F., about 40 minutes per pound. Baste occasionally during roasting period.

(Roast may be cooked directly from frozen state. In this case, insert meat thermometer when meat has partially thawed. Allow 55 minutes per pound, or to 185°F. reading on meat thermometer.)

Pork Chops Creole

Dredge pork chops in flour and brown well in hot fat. Arrange in a single layer in a shallow casserole. Pour one can *stewed* tomatoes over pork chops, breaking up tomatoes and spreading evenly over the chops. Cover casserole closely and bake at 325° for 30 minutes. Then remove cover and raise oven temperature to 425°. Top pork chops with a layer of lightly crushed corn flakes, pressing topping down into the tomato mixture slightly. Continue baking 15 minutes longer or until excess moisture has disappeared and corn flakes are crisped.

Hawaiian Pork Chops

4-6 pork chops, cut ½-in. thick
1 Tbsp. fat
1 cup chicken broth or bouillon
¾ cup drained pineapple chunks
1 green pepper, cut in ½-in. strips
2 Tbsp. cornstarch
½ cup syrup drained from pineapple
2 Tbsp. sugar
2 tsp. soy sauce
½ cup vinegar

Brown pork chops in hot fat; drain excess fat from pan. Add ⅓ cup of the broth or bouillon, pineapple chunks and green pepper strips. Simmer covered for 15 minutes. Blend cornstarch, syrup, sugar, soy sauce, vinegar and remaining bouillon to a smooth paste. Pour over mixture in skillet. Cook over low heat, stirring constantly, until thickened. Simmer a few minutes before serving.

Ham Balls in Savory Sauce

1¼ lb. (2½ cups) ground, cooked ham
1 cup soft bread crumbs
1 egg, beaten
½ cup milk
½ cup brown sugar
½ tsp. dry mustard
¼ cup vinegar
¼ cup water

Combine ham, bread crumbs and milk. Mix thoroughly. Shape into 10-12 balls. Arrange in baking dish. Combine remaining ingredients and stir until sugar is dissolved. Pour over ham balls. Bake in moderate (350°F.) oven for 1 hour, basting frequently. Remove ham balls and thicken liquid for sauce. 5-6 servings.

Ham and Cheese Pie

2 Tbsp. butter or margarine
¼ cup chopped green pepper
½ cup celery, diced
¼ cup flour
1¼ cups stock or consomme
¾ cup top milk
2 cups diced, cooked ham
2 Tbsp. chopped pimiento
Salt and pepper
½ pkg. frozen green peas
Cheese Crust:
1½ cups flour
½ tsp. salt
¾ cup grated sharp cheese
3-4 Tbsp. ice water
Dash cayenne pepper

Saute green pepper and celery in butter or margarine until tender but not browned. Blend in flour. Slowly add stock and milk; cook over low heat, stirring constantly, until sauce is thickened. Fold in remaining ingredients. (Do not cook frozen peas — they will cook tender while pie is baking.) Ladle mixture into a shallow 8" casserole or into four individual casseroles. Cover with . . .

CHEESE CRUST: Sift flour with salt and cayenne. Cut in shortening until mixture is like coarse cornmeal; lightly mix in grated cheese. Stir with fork and gradually add just enough ice water to moisten. Pat dough gently into a ball; roll out ⅛-inch thick on lightly floured board. Fit cheese crust to large or small casseroles. Freeze.
To serve: If you have used metal or glass ovenware baking dishes, the pies may go directly from your Amana into a 425° oven. Bake about 45 minutes for small ones, or 1¼ hours for large pie. Reduce oven temperature during latter half of baking period if crust tends to become too brown.

Shrimp Newburg . . . Quick and Easy

1 can frozen shrimp soup
½ cup top milk
2 Tbsp. prepared cheese spread
½ cup cooked green peas
1 cup cooked shrimp

Combine ingredients and heat in top of double boiler. Simmer a few minutes. Serve in individual casseroles or spoon over strips of thin, dry toast.

Special Salmon Loaf

(A delicate salmon loaf, well seasoned and good for freezing.)

1 can (1 lb.) salmon, flaked
1 cup cottage cheese
1 egg, slightly beaten
3 Tbsp. minced onion
1 tsp. salt
¼ tsp. pepper
1 cup soft bread crumbs
1 Tbsp. lemon juice
1 can condensed pea soup
½ cup chopped celery

Combine all ingredients and mix lightly but thoroughly. Spoon mixture into greased loaf pan. Dot with butter. Set loaf pan in container of hot water. Bake one hour at 375°. Let stand about 10 minutes before turning out of pan.

Fish Fillets, Pimiento Cheese

(4 servings)

1 lb. partially thawed frozen fish fillets (cod, flounder, haddock)
4 pre-cut slices processed pimiento cheese

Cut block of fish fillets into four equal pieces. Arrange in oiled shallow 1-quart baking dish. Sprinkle with salt and pepper. Place a slice of cheese on each serving of fish. Bake in moderate oven (350°) for 30 minutes, or until fish will flake when tested with a fork. Garnish with parsley or other green.

Fish Sticks Parmesan

Defrost and heat frozen fish sticks according to package directions. Sprinkle hot fish sticks generously on all sides with grated Parmesan cheese. Serve immediately.

Fish Turbans

1 lb. frozen fish fillets, thawed
¼ cup melted butter or margarine
1 Tbsp. lemon juice
1 tsp. grated onion
½ tsp. salt
3 Tbsp. minced parsley
1 Tbsp. flour
Paprika

Blend together melted butter or margarine, lemon juice, grated onion, and salt. Dip each fillet in this mixture; sprinkle with parsley; roll up· fasten with toothpick. (This amount should be sufficient for four rolls or servings. If necessary, combine small fillets to make four equal servings.) Place each turban, face up, in a well-buttered custard cup. Sprinkle with flour and paprika, drizzle on remaining lemon mixture. Bake turbans in a 400° oven for 25 to 30 minutes, or until golden brown and easily flaked with fork, but still moist.

Share Your Freezer with a Salad

Contrary to the general opinion that salads may not be frozen, there are many excellent freezer salads. Almost any combination fruit or vegetable salad with a cheese, cream or milk base may be frozen successfully. Try these, then try variations of your own. Here are some that you'll be more-than-pleased-with:

Mustard Mold Salad

1 pkg. plain gelatin
3 Tbsp. cold water
¾ cup sugar
1 Tbsp. dry mustard
¾ tsp. salt
1 cup vinegar
3 eggs

Soften gelatin in cold water. Combine sugar, mustard, salt, vinegar and slightly beaten eggs. Cook egg mixture over very low heat, stirring constantly, until thickened. Remove from heat immediately. Add softened gelatin, stirring until dissolved. Pour into 1 qt. aluminum mold and cover closely. Chill in refrigerator for several hours or freeze, if desired. If frozen, defrost in refrigerator before serving. Unmold to serve. Especially good with cold meats and cabbage salad. 6 servings.

Amana Chicken Salad

2 pkg. plain gelatin
½ cup cold water
2 cans condensed mushroom soup
½ cup evaporated milk
2 cups cooked chicken, minced*
1 Tbsp. Worcestershire
½ cup mayonnaise or salad dressing
2 Tbsp. chopped green pepper
1 Tbsp. chopped green onion
2 Tbsp. chopped pimiento

*** Tuna or cooked ham may be substituted for chicken**

Soften gelatin in cold water. Combine soup and milk in top of double boiler. Heat until very hot. Add softened gelatin and stir until dissolved; remove from heat. Cool. Stir in other ingredients and mold in individual molds or large pan. 8 servings. This salad may be frozen for 3-4 weeks.

Amana Fruit Salad Dressing

This fruit salad dressing may be used directly from the freezer as it never hardens at freezer temperatures.)

1 cup sugar
⅔ cup light corn syrup
½ cup water
2 egg whites
½ cup mayonnaise or salad dressing
1 Tbsp. grated orange rind
1 tsp. grated lemon rind
⅛ tsp. salt

Combine sugar, corn syrup and water; cook to thread stage (240°F.). Slowly pour syrup over stiffly beaten egg whites, beating constantly while adding syrup. Cool. Fold in remaining ingredients. Freeze.

Confetti Corn Relish

1 pkg. whole kernel frozen corn
2 Tbsp. chopped pimiento
2 Tbsp. chopped green pepper
½ cup French dressing

Cook corn in a small amount of boiling water until barely tender. Drain and cool. Combine with remaining ingredients. Chill in refrigerator for several hours. Drain and serve as a relish or on crisp salad greens.

How to Vary Your Vegetables

'S wonderful the really different ways you can fix vegetables from your Amana. You'll discover many new and novel ones of your own, if you make it a point to experiment. Here's a round-up of tips that should be helpful as a starter.

Your frozen vegetables spell more meal-time variety than ever before. And if you try some of our seasoning tricks you'll find the family eating more nutritious, vitamin-rich vegetables. For a change —

Asparagus

Top buttered asparagus with grated Parmesan cheese;

Cut carrots in thin strips. Cook and combine with hot buttered asparagus;

Beans

Simmer a package of green beans with ¼ cup chopped onion and celery;

Rub pan with garlic before cooking frozen green beans. Season lightly before serving;

Just before serving, top seasoned green beans with ⅓ cup finely chopped apple mixed with ½ tsp. brown sugar;

Brown ½ cup chopped mushrooms lightly in butter or margarine. Sprinkle over cooked green beans;

Add 1 chopped pimiento to seasoned lima beans;

Pour a nippy cheese sauce over seasoned wax beans;

Brussels Sprouts

Melt 2 Tbsp. butter with 1 tsp. bottled meat sauce to season a package of Brussels sprouts;

Add small seedless grapes to Brussels sprouts;

Broccoli

Blend ¼ cup mayonnaise or salad dressing with 1 tsp. prepared mustard and 1 tsp. lemon juice to serve over broccoli or cauliflower;

Combine ⅓ cup each mayonnaise and sour cream, 1 tsp. minced onion, dash cayenne to serve on hot, cooked broccoli;

Cauliflower

Brown butter lightly before pouring over cooked cauliflower;

Blend ¼ cup sour cream with 2 Tbsp. catsup and 1 tsp. minced parsley. Mix lightly with cooked cauliflower;

Crumble crisp bacon over buttered cauliflower;

Corn & Succotash

Mix ¼ cup chopped, ripe olives with cooked corn or succotash;

Cook cut corn in top of double boiler, using light cream instead of water. Season with minced parsley and garlic salt;

Season a package of cut corn with butter and 1 tsp. curry powder;

Brown slivered, blanched almonds in a little butter; toss with succotash;

Add a pinch of marjoram, thyme or savory to buttered corn;

French-fries

Toss a package of frozen French-fries (before heating) with 1½ tsp. dry mustard, ¼ tsp. each celery salt and garlic salt;

Peas

Add 1 tsp. finely chopped onion and ½ tsp. crushed, dried mint leaves to a package of frozen peas and carrots;

Toss a handful of chopped watercress in green peas just before serving;

Mix a few chopped stuffed olives with seasoned green peas;

Sprinkle finely chopped salted peanuts over buttered green peas;

Spinach

Grate ½ tsp. lemon rind over buttered cooked spinach;

Top cooked spinach with grated cheese, or crumbled (cooked) bacon, or ½ tsp. grated lemon rind;

Squash

Add a tablespoon or two of maple, or maple-blend, syrup to a package of frozen, mashed squash;

* * *

Cook almost any vegetable in bouillon, broth or stock instead of water;

Season mixed vegetables with a pinch of marjoram, thyme or savory.

Photo Courtesy of Family Circle Magazine

Treat the Family–Bake Homemade Bread

There's nothing quite like the taste of real honest-to-goodness homemade bread. Try it — several loaves at one baking. Fresh homemade bread in the freezer to serve anytime, and your family will love you for it. Works as well for coffee cake, muffins, waffles, pancakes, biscuits, all the other breads you bake.

Hot Cross Buns

For 4 dozen buns:
2 cups milk
¼ cup shortening
2 eggs
1 cup sugar
1 Tbsp. vanilla
1 Tbsp. salt
1 pkg. dry yeast
¼ cup water
8 cups flour
1 tsp. cinnamon
1 tsp. allspice
¼ tsp. cloves
2 cups currants

Scald milk and add shortening, stirring until shortening is melted. Cool. Beat eggs. Stir in cooled milk, sugar, vanilla and salt. Soften yeast in warm water and add. Sift flour and spices together; stir into yeast mixture to make a soft dough. Add currants. Turn dough onto a floured board and knead until smooth and elastic. Place in greased bowl, spread melted shortening over dough and cover with clean cloth. Let rise until nearly doubled in bulk. Turn out on a floured board and knead. Form into smooth balls — about 2 inches in diameter. Brush with melted butter, cover and let rise until almost doubled in bulk. Before baking, make a cross on top of each roll by snipping dough with scissors. Bake in a hot oven (400°) for about 15 minutes, or until brown. When cooled, package and freeze.

To serve, remove from freezer an hour or so before serving and let rolls defrost in freezer wrapping. Just before serving, add a cross of confectioners' sugar icing. Or, if you want to serve the buns warm, place in a hot oven for 5-10 minutes. Let buns cool slightly so the icing won't melt when added just before serving.

Barbecued French Bread

(Recipe calls for French or Vienna bread, but it's also good with rye.)

¾ cup chopped onion
2 Tbsp. butter or margarine
⅔ cup chili sauce
2 Tbsp. vinegar
1 Tbsp. Worcestershire
2 tsp. brown sugar
½ tsp. celery salt
¾ tsp. dry mustard
½ cup grated cheese
1 loaf French or Vienna bread, unsliced

Saute onion in butter or margarine until tender but not browned. Add other ingredients except cheese, and simmer until thickened. Cut bread on bias, being careful not to cut quite through bottom crust and making each slice about ¾-inch thick. Spoon a tablespoonful of the sauce on each cut. Sprinkle cuts and top of loaf with grated cheese. Wrap loaf in heavy foil and put away in your Amana until needed. Heat (still in foil wrap) on side of outdoor grill or in 400° oven for 20-25 minutes.

Cranberry Muffins

¼ cup shortening
¼ cup sugar
1 egg, beaten
2 cups flour
1 Tbsp. baking powder
½ tsp. salt
1 cup milk
1 cup finely chopped raw cranberries (add 2 Tbsp. sugar)
1 tsp. grated orange rind
½ cup finely chopped nut meats

Cream shortening and sugar. Add well-beaten egg. Sift dry ingredients together and add to creamed mixture alternately with milk. Just use a few strokes of the spoon in mixing each time — do not mix thoroughly. Gently fold in the sugared cranberries, orange rind and nut meats. Fill greased muffin tins ⅔ full. Bake at 400° for about 25 minutes — until lightly browned. Makes 2 dozen small muffins.

Cinnamon Crunch Topped Muffins

Prepare your favorite muffin recipe, using 2 cups flour. Fill greased muffin pans ⅔ full. Sprinkle with mixture of

⅓ cup brown sugar
1 Tbsp. flour
1 Tbsp. melted butter
2 tsp. cinnamon

Bake according to recipe directions. Serve very hot. Cool and freeze any extra muffins for another meal.

Orange Biscuits

Arrange frozen unbaked biscuits on a greased baking sheet. Bake in 300° oven for about 15 minutes (until fully risen). Dip sugar cubes in undiluted frozen orange juice (thawed) and press one cube on the top of each biscuit. Put biscuits back in 425° oven and continue baking for 10 minutes. Serve hot.

Ham Waffles

Sprinkle 2 Tbsp. of finely diced, cooked ham over waffle batter just before closing the iron. After baking, cool the waffles, then package and freeze. For serving, place waffles on a baking sheet and reheat for about 10 minutes in a 350° oven. (Can be slipped under the broiler instead, provided you keep a watchful eye.)

For a breakfast menu . . . Spread waffles with hot orange marmalade or pineapple jam.

For fancy luncheon fare . . . Top waffles with cooked asparagus spears and cover with tangy cheese sauce.

Club Sandwiches . . . Breakfast Style

Heat frozen waffles in the pop-up toaster or the oven. Place one waffle on each serving plate, then cover with a generous slice of ham or 2-3 strips of bacon. Add another waffle and top with butter and cranberry sauce, strawberry jam or pineapple preserves. Maple syrup, too, is well worth mentioning.

Or make triple-decker club sandwiches with frozen pancakes as above — making the extra layer the jam or syrup.

Surprise Nut Puffs

¾ cup milk
¼ cup shortening
⅓ cup sugar
1 tsp. salt
1 pkg. dry yeast
1¼ cup lukewarm water
1 egg
3½ - 4 cups sifted flour
Apple butter (about ¾ cup)
¼ cup melted butter
½ tsp. cinnamon
½ cup chopped nuts
½ cup sugar

Scald milk; add sugar, salt and shortening; cool to lukewarm. Dissolve dry yeast in lukewarm water. Combine lukewarm milk, dissolved yeast and beaten egg. Mix in flour until dough is easy to handle. Knead until dough is smooth and blistered. Place dough in greased bowl; cover and let rise in warm place until double in bulk. Punch down; cover and let rest 15 minutes. Roll dough ½" thick and cut 24 2½" buns. Punch a deep hollow in center of each bun; fill with about a teaspoon of apple butter, pinch dough around apple butter to seal. Dip each bun in melted butter, then in a mixture of ½ cup sugar, ½ tsp. cinnamon and ½ cup chopped nuts. Place sealed side down in 2 oiled 8" layer cake pans. Cover. Let rise until doubled in bulk. Bake at 375°F. for about 25 minutes.

Your Own Twice-Baked Rolls

2 pkg. dry yeast
1 cup warm water
2 cups scalded milk
¼ cup sugar
5 tsp. salt
10 cups flour (approx.)
½ cup melted shortening

Soften yeast in warm water and add 1 tsp. sugar. Set aside. Pour scalded milk in a large bowl and add salt and sugar; stir until dissolved. Cool to lukewarm. Add yeast mixture. Stir in just 6 cups of the flour; then the melted shortening (cooled). Add about 4 more cups of flour. Turn out on a lightly floured bread board and knead until smooth and glossy.

Arrange dough in large greased bowl. Turn once; cover with clean, damp towel and let rise until double in bulk. Punch down. Knead again (on floured board) and divide dough into four parts. Each part will make one dozen rolls. Shape into rolls and place in greased baking pans. Let rise in warm place until about ¾ the size of regular rolls. Bake in slow oven (275°) for 40 minutes. Rolls should be pale blonde in color. Remove from oven and let stand for about 20 minutes before removing from pan. Turn out and cool completely. Wrap in freezer paper, meal-size numbers and put away in your Amana. For serving: Unwrap the rolls and place on an ungreased baking sheet. Then a 7-8 minute stopover in a 450° oven and they are beautifully browned and ready for the trip to the table.

Krantz Coffee Cake

Dough:
2 cups sifted flour
1 tsp. salt
1 cup butter or margarine
½ cup milk, scalded and cooled
1 pkg. dry yeast
1 Tbsp. sugar
3 egg yolks
Filling:
3 egg whites
⅛ tsp. salt
¾ cup sugar
1 cup broken nut meats
1 tsp. cinnamon

Soften yeast in cooled, scalded milk to which 1 Tbsp. sugar has been added. Let stand 5 minutes. Cut butter or margarine into sifted dry ingredients as for pie crust. Beat egg yolks; add to milk and yeast mixture. Gradually add flour mixture and beat until smooth. Dough will be too soft to handle. Arrange in lightly buttered bowl, cover and place in refrigerator 12 hours, or overnight.

For filling, add salt to egg whites and beat until stiff. Add sugar 1 Tbsp. at a time, beating until sugar is dissolved. Fold in cinnamon and nut meats.

Divide dough in two equal parts. Roll each part very thin on a well floured pastry cloth and spread with one-half the filling. Roll as for jelly roll and place on ungreased baking sheet. Let rest 20 minutes. Bake in preheated oven (375° F.) about 30 minutes, or until done. If desired, cake may be spread with thin confectioners' sugar frosting while slightly warm. Cut in ¾-inch slices to serve.

Hole In One Doughnuts

One minute, that is. When is time more precious than in the morning? You like to have something different for breakfast, but still you need to have it in a hurry. Your frozen (unbaked) biscuits can fill the bill. With a sharp cutter, cut the centers from the unbaked biscuits (taken right from freezer). Drop both the "holes" and rings into hot fat and fry like doughnuts. To make the most of every minute, start heating the fat even before you take the biscuits from the freezer. When the doughnuts are done, toss them in a bag of cinnamon sugar and serve hot.

Pineapple Nut Bread

4 eggs
⅔ cup sugar
⅔ cup melted fat
4 cups flour
2 Tbsp. baking powder
2 tsp. salt
1½ cups chopped nuts
2 cups crushed pineapple

Beat eggs and sugar together. Stir in melted fat. Add sifted flour, baking powder and salt and blend. Add nuts and pineapple (do not drain) and stir just enough to combine. Pour batter into 2 loaf pans. Bake at 350°F. for 1 hour. When cool, wrap and store in your Amana Freezer until ready to use. Allow 1-2 hours at room temperature before serving.

Orange - Graham Loaf

1 cup shortening
1 cup sugar
6 eggs
5⅓ cups crushed graham crackers
2 cups chopped nuts
1 tsp. soda
1 tsp. baking powder
1 tsp. salt
1 cup frozen orange juice (thawed but undiluted)

Cream shortening and sugar. Add eggs one at a time and beat after each addition. Combine cracker crumbs, chopped nuts, soda, baking powder and salt. Add this to the creamed mixture alternately with the orange juice. Pour into 2 greased loaf pans. Bake at 350°F. for about 55 minutes. Cool. Package and freeze until about 1 hour before serving time.

* * *

Hors d'oeuvres and Canapes

Prepare in advance and banish the last-minute flurry.

> There are always a million things to do the day of a party. So, if hors d'oeuvres or canapes are on the menu . . . fix and freeze them in advance. You'll save that last-minute hurry-scurry, and even more important, you'll have time to be novel, imaginative and excitingly different.

If bread is the base, prepare as you will serve them. Except for rye bread or pumpernickel-base canapes, the bread should be toasted. And you'll find that baked-toast works better than toaster-toast. To prepare, cut bread into various shapes — squares, diamonds, circles, etc. Oven-toast on one side, then fry the pieces (on the untoasted side) in butter.

For canapes on crackers, freeze the spreads and make up canapes just before serving. For hot hors d' oeuvres, freeze unbaked pastry filled with meat, cheese or fish spreads. At party-time, pop them straight into a 400° oven for 10 minutes.

There are 1001 delicious spreads, and they all freeze well except those containing cream or mayonnaise. Try cheese of any kind, anchovy, crabmeat, lobster and other fish, meat, mushrooms, avocado and egg yolk. Spreads should be zesty, seasoned with verve and imagination.

Courtesy of American Institute of Baking

Ice Cream Star Cake

1 8-in. baker's frosted gold layer cake 1 quart strawberry ice cream

Cut cake into 10 wedge-shaped pieces. Form a star by arranging 7 cake wedges in a circle on a large serving plate with pointed end of slices toward the plate edge. Just before serving, fill center of star with scoops of strawberry ice cream. Freeze remaining pieces of cake for another meal, or use for extra portions.

Fruity White Cake

(The nicest way we know to use that small amount of left-over frozen fruit and juice.)

⅔ cup shortening
1½ cups sugar
2¾ cups sifted cake flour
2½ tsp. baking powder
1 tsp. salt
¼ cup fruit juice
¾ cup milk
½ cup finely chopped nuts (optional)
⅓ to ½ cup fruit, chopped fine
5 egg whites

Sift dry ingredients together. Cream shortening and sugar until light and fluffy. Add dry ingredients to creamed mixture alternately with fruit juice and milk. Carefully stir in fruit and nuts (if used). Fold in stiffly beaten egg whites. Pour batter into 2 well-buttered 9-inch layer cake pans. Bake at 350°F. 30 to 35 minutes. Frost as desired.

Chocolate Date Cake

1 tsp. soda
1 10-oz. pkg. dates, cut fine
1 cup hot water
½ cup shortening
1 cup sugar
3 Tbsp. cocoa
2 eggs
1½ cups sifted flour
1 tsp. salt
1 tsp. vanilla

Sprinkle soda on cut dates and pour boiling water over; cool. Cream shortening and sugar; blend in cocoa. Add slightly beaten eggs and beat until light and creamy. Add flour and salt sifted together, being careful not to overmix. Stir in softened dates and beat only until well blended. Fold in vanilla. Pour batter into oiled 8x10x1½-inch pan. Sprinkle with the following mixture:

½ cup chocolate bits
½ cup ground nut meats
2 Tbsp. sugar

Bake in moderate (375°F.) oven for 25 minutes.

Cherry-Pineapple Sponge

(This dessert is simple to prepare, attractive in appearance, and the cake-fruit gelatin combination presents a nice contrast in texture and flavor.)

Arrange ½ cup drained black cherries evenly over the bottom of a large ring mold. Over cherries, place a sponge cake ring, then distribute a can of drained frozen pineapple cubes on top of cake.

Dissolve 2 pkg. tart fruit gelatin (raspberry or cherry is good) in 2 cups hot water or fruit juice. Pour carefully over cake and fruit, holding cake down until it is thoroughly saturated with gelatin. Chill until firm enough to unmold. Serve with whipped cream, or with sour cream dressing.

This dessert is also nice when prepared in individual molds, using sponge cake baked in Mary Ann molds (dessert cups sold for shortcakes). You might try other fruit combinations to your liking, too.

Freezer Chocolate Frosting

½ cup butter
1 lb. confectioners' sugar, sifted
1 egg
1 tsp. vanilla
⅛ tsp. salt
1 Tbsp. top milk or cream
2 squares baking chocolate

Melt chocolate over hot water. Cream butter thoroughly and blend in ⅓ of sifted confectioners' sugar. Add salt, milk and vanilla; mix thoroughly. Stir in unbeaten egg and beat until smooth. Add melted chocolate and whip until well blended. If frosting is a little thick, a small amount of milk or cream may be added.

Photo Courtesy of American Dairy Association

Party White Cake

(The secret of this cake lies in the sugar and baking powder added to egg whites before folding into the batter.)

3 cups sifted cake flour
¾ tsp. salt
2 tsp. baking powder
¾ cup butter
1½ cups sugar
½ cup milk
½ cup water
1 tsp. vanilla
6 egg whites
½ cup sugar
1 tsp. baking powder

Sift cake flour with salt and 2 tsp. baking powder. Cream shortening, add sugar gradually and continue beating until mixture is very light and fluffy. Add sifted dry ingredients alternately with liquids. Beat egg whites stiff but not dry. Continue beating while adding ½ cup sugar and 1 tsp. baking powder. Carefully fold egg whites into batter. Bake in a moderate oven (350°F.) for 30 minutes, in two greased 9-inch layer pans.

Pineapple Ginger Refrigerator Cake

- 1 Tbsp. gelatin
- 3 Tbsp. cold water
- 2 cups milk
- 2 Tbsp. cornstarch
- 1 cup sugar
- ½ tsp. salt
- 2 eggs
- ¾ cup pineapple juice
- 1 cup crushed pineapple, drained
- ¼ cup chopped crystalized ginger
- 1 cup heavy cream or evaporated milk chilled to ice-crystal stage
- 2 doz. ladyfingers or 1 sponge cake

Soften gelatin in cold water. Scald milk in top of double boiler. Mix cornstarch, sugar and salt; add to hot milk. Cook 10 minutes, stirring constantly. Add slightly beaten eggs to which has been added a small amount of the hot mixture. Cook a few minutes longer, stirring constantly. Remove from heat; stir in softened gelatin. Add pineapple juice, crushed pineapple and ginger. Cool, but do not chill. In the meantime, line a spring form with ladyfingers or ½-inch fingers of sponge cake. Whip cream or evaporated milk and fold into custard. Fill mold with alternate layers of custard and fingers. Arrange fingers on top. Chill for several hours. Unmold and garnish with cherries or other fruit as desired. 8-10 servings.

Mocha Refrigerator Dessert

- 1 envelope plain gelatin
- 1½ cups milk
- ⅓ cup sugar
- ¼ tsp. salt
- 1½ tsp. instant coffee powder
- 2 squares unsweetened chocolate
- 3 eggs, separated
- ⅓ cup sugar
- 1 tsp. vanilla
- ½ cup heavy cream or chilled evaporated milk
- ¼ cup shaved, semi-sweet chocolate

Soften gelatin in cold milk. Add ⅓ cup sugar, salt, instant coffee powder and chocolate. Cook over hot water until chocolate melts and gelatin is dissolved. Beat with rotary beater until blended. Pour slowly over well-beaten egg yolks. Cook and stir 3 minutes longer. Cool 10 minutes. Beat egg whites stiff and fold in remaining ⅓ cup sugar; beat to stiff peaks. Fold chocolate mixture into beaten egg whites. Add vanilla. Turn into 1-quart ring mold. Chill until firm. Unmold. Decorate with cream which has been whipped until stiff. Sprinkle with curls of semi-sweet chocolate.

Orange-Pumpkin Custard Pie

- 1½ cups pumpkin
- 1 6-oz. can orange juice concentrate (thawed)
- ¼ tsp. salt
- ¼ tsp. ginger
- ¼ tsp. mace
- ¼ tsp. cinnamon
- ⅛ tsp. cloves
- 2 eggs
- ½ cup sugar
- 1 unbaked pie crust

Mix pumpkin with orange juice concentrate, salt and spices. Beat eggs slightly and add sugar gradually. Combine the two mixtures and blend well. Pour into unbaked pie crust. Bake in a quick (450°) oven for 10 minutes; then reduce oven temperature to 375° and bake 20 minutes longer, or until the filling is barely firm.

English Apple Pie

- 1 egg
- ⅛ tsp. salt
- ¾ cup sugar
- ½ cup sifted flour
- 1 tsp. baking powder
- 1 cup finely chopped raw apples
- ⅓ cup chopped nuts
- ⅓ cup finely cut dates

Add salt to egg and beat well. Add sugar gradually; continue to beat until all sugar is added. Sift flour and baking powder together; stir into egg mixture until well blended. Fold in apples, nuts and dates. Spread batter evenly in buttered 8-inch pie tin. Bake for 25 to 30 minutes at 350°F. When cool, cut into 6 wedges and serve topped with whipped cream or vanilla ice cream.

Date Meringue Pie

(A real party dessert — and one you can prepare as much as 2 weeks ahead and keep in your Amana until party time.)

15 saltine crackers, crushed and rolled into fine crumbs
15 dates, chopped finely
½ cup ground nut meats
½ cup sugar
1 tsp. baking powder
3 egg whites
½ cup sugar

Combine thoroughly the cracker crumbs, chopped dates, ground nut meats, ½ cup sugar and baking powder. Beat egg whites until stiff but not dry; add ½ cup sugar, 1 Tbsp. at a time, and continue beating until sugar is dissolved. Fold in cracker mixture. Spread meringue in 8 or 9-inch buttered pie pan. Bake at 300°F. 30 minutes. Cool before freezing in same pan. To serve: defrost at room temperature about 30 minutes; carefully cut into wedges and top each serving with sweetened whipped cream.

Pumpkin Gingerbread

½ cup shortening
½ cup sugar
1 egg
1 cup sour milk
½ cup frozen pumpkin (defrosted)
½ cup molasses
2¼ cups sifted flour
1 tsp. soda
½ tsp. salt
1 tsp. ginger
1 tsp. cinnamon

Cream shortening and sugar. Add egg and mix thoroughly. Blend molasses, sour milk and pumpkin. Sift the dry ingredients together. Add the molasses mixture to the egg mixture and blend. Stir in the dry ingredients and beat until smooth. Pour into greased 9" square pan. Bake in 350° oven for 30-35 minutes.

Summer Snowballs

2¾ cups crushed vanilla wafers
1 cup sifted confectioners' sugar
¼ cup melted butter
¾ cup (3-oz. pkg.) chopped walnuts
¼ cup undiluted frozen orange juice
Additional confectioners' sugar

Roll vanilla wafers fine, then sift. Add remaining ingredients and blend well. Form into small balls and roll balls in additional confectioners' sugar. Allow balls to sit uncovered for several hours before wrapping each one in wax paper or foil. Store for freezing in clean coffee can or plastic bag.

(P. S. — You might try frozen pineapple or tangerine juice (undiluted). We like them both.)

Coffee Bar Cookies

½ cup shortening
1 cup brown sugar
1 egg, beaten
1 cup hot coffee
1½ cups sifted flour
½ tsp. baking powder
½ tsp. soda
½ tsp. cinnamon
1 cup seedless raisins
1 cup broken nutmeats

Cream shortening and sugar together; beat in egg until light. Sift dry ingredients together. Add half of hot coffee to creamed mixture, then dry ingredients and finally remaining coffee; stir until well blended after each addition. Fold in raisins and nutmeats. Spread batter in greased 9 x 14 x ½-inch jelly roll pan. Bake at 350°F. for 25 to 30 minutes. When cool, spread with frosting made by combining 1 Tbsp. butter and 1 cup confectioners' sugar with enough cold coffee to moisten. Cut in bars ¾" x 2" for serving. Makes 84 bars.

It's Fun to be Fancy with Ice Cream

Pass an assortment of sauces, and let your guests be their own sundae-stylists. Include stand-bys like chocolate, butterscotch and marshmallow; or crushed frozen strawberries, raspberries, blueberries, peaches; and some chopped nut meats, toasted cocoanut, shaved semi-sweet chocolate.

* * *

Consider tiny "marbles" of ice cream or sherbet — scooped out with a melon ball cutter — and mixed with a package of frozen melon balls (just partially defrosted). Pineapple or lime sherbet is 'specially nice.

* * *

Sprinkle ice cream with a prepared powder — instant coffee on vanilla or butter-pecan ice cream; malted milk powder over chocolate or caramel; instant cocoa to top vanilla, peach or banana ice cream.

* * *

Try praline sauce — broken nut meats added to hot maple syrup.

* * *

With a table knife, streak just-thawed fruit juice concentrate through softened ice cream. Stir just enough to give a marbled effect. Freeze. It's your own ripple ice cream . . . grape, orange, pineapple, etc.

* * *

Fold finely diced crystallized fruit into slightly softened ice cream. Return to freezer to harden.

* * *

Pack ice cream into a clean No. 2½ can. Cover and let harden in freezer. Cut remaining end from can, wrap in a warm, damp towel for just a few seconds. Push roll out. Before slicing, roll ice cream in chopped peanuts (good with chocolate), crushed peppermint candy, crushed macaroon crumbs, toasted or tinted cocoanut, grated sweet chocolate. Add a sauce or not, as fancy dictates.

* * *

Melt your favorite candy bar in the top of a double boiler. Add a little cream, mix well, and spoon over ice cream.

* * *

Spoon your home-made ice cream into hollow orange or grapefruit shells. Let harden in the freezer until serving time. Nice to garnish with a few fresh mint leaves.

* * *

Mincemeat, cranberry sauce, and applesauce (or a combination of two or all three) are more good ice cream toppers.

* * *

For Smoothie Sundae Sauce, just combine ¼ cup peanut butter, ½ cup white corn syrup, a pinch of salt and 1 Tbsp. hot water. Spoon over vanilla ice cream and then drizzle on a little chocolate sauce.

Photo Courtesy of American Dairy Association

And Just Think . . . It Came Right Out of the Freezer

There'll be sunny bright, sundae bright faces around the table when dessert looks this yummy. Always keep lots of ice cream in your Amana. The family will love you for it . . . and so nice for unexpected (or expected) guests.

Apple-Cranberry Frost

(Try serving it with Pumpkin Gingerbread)

Blend 1 cup of sweetened applesauce and 1 cup of jellied cranberry sauce and add 1 Tbsp. lemon juice. Whip 1 cup of heavy cream, adding ¼ cup sugar, ½ tsp. cinnamon and ¼ tsp. nutmeg to the cream as you whip it. Gently fold the applesauce-cranberry mixture into the whipped cream. Blend only until "marbley". Pour into freezing tray and freeze.

Minted Pear Freeze

1 #2½ can (1 lb. 13 oz.) pears
4 2-inch sprigs fresh mint
2 drops (about) mint flavoring
6 marshmallows, cut in quarters
3 Tbsp. lime flavored gelatin

Drain pears; drop fresh mint into syrup and bring to boil. Remove from heat, remove mint sprigs. Add mint flavoring, gelatin and marshmallows; stir until dissolved. Force pears through a coarse sieve and add to liquid mixture. Pour into shallow aluminum tray and freeze until mushy. Remove from freezer, whip thoroughly, return to freezer until mixture is firm. Cover container closely if not used within 12 hours.

Tropical Freeze

1 egg
½ cup sugar
2 cups evaporated milk (undiluted)
Few grains salt
1 6-oz. can frozen pineapple juice (undiluted)
1 tsp. vanilla
1 cup frozen grated cocoanut
1 cup heavy cream

Beat egg, add sugar, evaporated milk and salt. Cook over hot water until slightly thickened, stirring constantly. Cool and fold in vanilla, then pineapple juice and cocoanut (both defrosted). Whip cream and fold into custard mixture. Pour into refrigerator tray and freeze. When mixture is half frozen, remove from freezer and beat until smooth. Return to freezer until serving time.

Pineapple Snow

4 cups buttermilk
½ cup lemon juice
1 tsp. grated lemon rind
½ cup sugar
1½ cups light corn syrup
1 cup crushed pineapple

Mix buttermilk, lemon juice, lemon rind, sugar and corn syrup. Freeze to a mush, then place in a chilled bowl. Whip with a wire whisk. Return to tray. Repeat the whipping once more before mixture freezes. (Makes 6-8 servings.)

Butter Pecan Mousse

1 tsp. plain gelatin
4 tsp. cold water
1½ cups evaporated milk
½ cup finely chopped pecan meats
1 Tbsp. butter
6 Tbsp. sugar
1 Tbsp. vanilla

Soften gelatin in cold water. Scald milk over boiling water, add softened gelatin and stir until dissolved. Chill. In the meantime, brown pecan meats in butter and cool. Beat milk very stiff. Fold in toasted nuts, vanilla and sugar. Freeze until firm. Serves 6.

Frozen Satin Cream

Chill 1 large can evaporated milk. Meanwhile soak 2 envelopes plain gelatin in ¾ cup milk; add ⅓ cup sugar and dissolve gelatin over hot water.

Now mix 1 pkg. instant vanilla pudding with 2 cups milk; beat with rotary beater about 3 minutes, or until creamy. Add 2 tsp. vanilla, combine with gelatin mixture and beat thoroughly.

Whip chilled evaporated milk and fold into creamy mixture. Pour into large cake pan or similar container. Place in freezer until about half frozen. Scoop into largest bowl of electric mixer. Beat until almost doubled in volume. Pour cream into freezer container, return to freezer to harden.

Crushed, sweetened fruit, shaved, semi-sweet chocolate, etc., may be folded into the ice cream after the final whipping.

Maple Frango

(A true mousse — rich and frankly extravagant — but delicious when you want to serve something out of the ordinary.)

4 eggs, slightly beaten
1 cup hot maple syrup
⅛ tsp. salt
1 pint heavy cream

Pour hot maple syrup slowly over slightly beaten eggs, beating constantly. Add salt and cook over hot water, while stirring, until mixture thickens. Cool. Fold in stiffly beaten cream. Freeze. If desired, freeze in fancy mold.

Lime Sherbet . . . Frozen Blueberry Topping

1 pkg. lime flavor gelatin
1 cup sugar
1 cup water
Juice of 2 lemons
3 cups milk
2 egg whites
½ cup white corn syrup
1 pkg. frozen blueberries

Combine sugar and water; boil 3 minutes. Dissolve lime flavor gelatin in hot syrup. Add lemon juice. Chill mixture until syrupy. Add milk and pour into shallow aluminum pan or refrigerator trays. Freeze until solid 1-inch from sides of pan. Whip egg whites until stiff, gradually add white corn syrup and continue beating until very smooth and fluffy. With electric mixer or rotary beater, whip frozen mixture until light and fluffy. Fold in beaten egg whites. Freeze until firm. Serve lime sherbet topped with partially defrosted blueberries.

Uncooked Applesauce

½ cup white corn syrup
⅛ tsp. salt
6 apples
¼ cup lemon juice

Combine corn syrup, lemon juice and salt. Slice cored (peeled or not) apples into syrup, stirring frequently to keep apple slices coated with syrup. Blend apples and syrup for 1 minute in electric blender. Pour into freezer container and freeze.
No electric blender? Then chop by hand with a food cutter and then put apple slices and syrup through food mill.

Photo Courtesy of American Dairy Association

Polka Dot Chowder

2 cups potatoes, raw, diced
1 large onion, chopped
½ lb. frankfurters, sliced
½ cup celery, diced

Cover above ingredients with 2 cups water; cook until tender, season with salt and pepper, then add:

1 pkg. frozen cut corn
1 cup evaporated milk
2 Tbsp. butter

Allow to simmer a few minutes; serve very hot. Or cool quickly, fill freezer containers and freeze for later use.

Iced Tomato Soup

3 cups tomato juice
2 bouillon cubes, dissolved in 1 cup boiling water
3 Tbsp. lemon juice
1 small onion, grated
Dash Tabasco sauce
Salt and Pepper to taste
Dash of garlic salt, if desired

Combine all ingredients and cool. Freeze in ice cube trays, using the dividers. When frozen, pop the cubes into a freezer bag and return to freezer. For serving, let the soup cubes defrost right in the serving bowls. Serve when defrosted but still cold. Garnish with lemon slices or cucumber slices just before serving.

Saturday Supper Soup

(Double this recipe, and provide for another Saturday's supper.)

1½ lb. oxtail, cut in 2-inch pieces
1 Tbsp. salt
½ cup barley
½ cup chopped onion
½ cup diced celery
1 cup diced carrot
½ cup green beans cut in ½-inch pieces
2 cups cooked tomatoes

Brown oxtail on all sides in a little hot fat. Cover with 6 cups cold water, add salt and barley. Simmer covered about 3 hours. Skim off surplus fat. Add remaining ingredients and simmer 30 minutes longer. Serve very hot. With bread sticks, salad, and a simple dessert, here is supper for 4.

Curried Chicken Soup

(4-6 servings)

3 cups seasoned chicken broth
1 cup top milk
¼ tsp. paprika
¼ tsp. celery salt
½ cup cooked rice
½ to 1 tsp. curry powder
salt and pepper to taste

Combine all ingredients and simmer over low heat for 10 minutes. Serve with a sprinkle of chopped parsley.

a few suggestions on soup . . .

The bony pieces of meat, poultry and game that are available when you make your quantity purchases, will provide you with the base for many a bowl of good, nutritious soup for quick meals.

It is economical of freezer space to make a concentrated stock from these bones and bony pieces of meat, and then to freeze the stock or prepared soup ready to use from your Amana. Your homemade soups will freeze perfectly, and these you will want to make in quantity because of the time and fuel you'll save in making the original amount.

Left-over cooked vegetables may also be collected in your Amana until soup-making day, then utilized in a big pot of vegetable soup.

Use any rigid freezer containers you wish for soup concentrates. Or you might try freezing soup in quick-release ice cube trays. When frozen, the soup cubes are popped out and stored in a plastic freezer bag or carton. At serving time, you can easily remove and heat even as small a quantity as one cup — without thawing more than you need, and without waiting for a larger amount to thaw.

A broth soup may be defrosted in a saucepan over direct, low heat. Cream soups, or any that might scorch easily, are more easily reheated in the top of a double boiler.

Photo Courtesy of American Dairy Association

New Year's Punchbowl

(18-20 punch cups)

2 Tbsp. plain gelatin
½ cup cold milk
3½ cups milk, scalded
1 cup sugar
6 egg yolks, beaten
1 qt. cold, strong coffee
1 tsp. vanilla
6 egg whites

Soak gelatin in cold milk; dissolve in scalded milk. Gradually beat sugar into egg yolks. Pour small amount hot milk into egg mixture; stir into remaining hot mixture. Combine with cold coffee. Add vanilla. Cool. Pour into rigid freezer container and freeze. Place egg whites in separate container and freeze.

To serve: Let egg whites and custard thaw at room temperature about 1½ hours. Whip egg whites until stiff. Break custard into chunks and beat with electric or rotary beater until fluffy and smooth. Fold in egg whites. Turn into chilled punch-bowl and sprinkle with generous amount of nutmeg or cinnamon.

Italian Green Ice Cream

1 cup milk
2 cups cream
1 cup sugar
4 eggs
1 tsp. vanilla
pinch of salt
2 small bottles green maraschino cherries
1 cup chopped nuts

Scald milk and half the cream in double boiler. Separate eggs and beat yolks well. Add sugar. Beat gradually into milk and cook until mixture thickens. Add maraschino cherry juice, salt and vanilla. Beat egg whites stiff and fold the custard mixture into them. Put in freezing trays and when it begins to harden, put in bowl and beat until light. Add the rest of cream and freeze again until it begins to get firm. Beat again and add the cherries and nuts. Return to tray and finish freezing.

Steamed Cranberry Pudding

(Thanksgiving or Christmas, you'll be ahead of the holidays with this pudding in the freezer.)

2 cups sifted flour
2 tsp. baking powder
2 tsp. soda
½ tsp. salt
¾ cup brown sugar
¾ cup hot water
¼ cup melted shortening
1½ cups chopped cranberries
2 tsp. grated orange rind
½ cup white raisins
½ cup finely chopped citron
½ cup chopped nuts

Sift together 1½ cups flour, baking powder, soda and salt. Blend brown sugar, hot water and shortening with dry ingredients. Mix well. Dredge cranberries, raisins, citron and nuts with remaining ½ cup flour. Fold into batter. Turn pudding into well-greased 2 qt. pudding mold or two 1-lb. coffee cans. Cover closely and steam for 2½ hours. When pudding is cool, you can freeze it right in the sealed mold or coffee can — no other wrap needed. To serve, steam 1 hour and accompany with your favorite sauce.

We like to steam this pudding in an aluminum ring mold (cover closely with freezer foil) and make a plump snowman of hard sauce to place in the center of ring. The "snowman", complete with a small red candle in his hand, goes right into your Amana until 30 minutes before serving time.

Christmas Tree Coffee Cake

1 cup scalded milk
⅓ cup sugar
⅓ cup shortening
½ tsp. salt
1 yeast cake (dissolved in ¼ cup lukewarm water)
2 eggs, well beaten
3¾ cups flour
½ tsp. vanilla

Add sugar, shortening and salt to scalded milk. When lukewarm, add dissolved yeast cake, beaten eggs, vanilla and enough flour to make a stiff dough (about 3¾ cups). Cover and let rise until double in bulk. Stir down. Spread Crumb-Nut Mix* on wax paper and drop batter by tablespoonsful into mix. Roll each spoonful lightly, forming a ball. Arrange balls on greased baking sheet in shape of tree — using 15 balls for each tree and 1 ball for the base. (Recipe makes 2 trees.) Let rise until double in size. Bake in 350° oven for about 25 minutes.

When slightly cool, decorate "the trees", using candied cherries for the Christmas balls and thin powdered sugar frosting for the tinsel. Package your trees in boxes or freezer paper and store until Christmas morning. (We're going to cut large trees out of cardboard — large enough to hold the cakes — and cover the cardboard with colored or freezer foil. We plan to place the cakes on the "foil tree" and wrap with clear cellophane.)

Hallo-weenies

To make "Hallo-weenies", you'll need to put 1 lb. frankfurters through a food chopper. Then take a can (1# size) of baked beans (or maybe you have some of your own home-baked ones in the Amana) and mash them well with a fork. Add ¼ cup sweet pickle relish and 1 tsp. prepared mustard. Combine with ground franks and mix well.

And now for the part that's fun. Make up a large recipe of baking powder biscuit dough (about 4 cups flour) and roll out one-third of dough to ⅛" thickness. Cut rectangles about 3" by 5", and shape a heaping tablespoon of the meat filling down the center of each. Form into rolls and pinch ends of each "Hallo-weenie" together.

For "Hallo-weenie" masks, cut another third of the dough into circles, using an empty coffee can for a guide. Place filling on one half of each round. Cut two slits or "eyes" in other half of each round. (We used a thimble to cut the "eyes".)

Jack-o-lantern faces can be made from the remaining dough and filling. Cut rolled dough in 3" rounds with a cookie cutter; with a sharp knife, cut eyes and mouth from half the rounds. Put filling on plain rounds; top with a "face" and seal edges. Arrange the "Hallo-weenies" on a greased baking sheet and bake in a hot oven (425°F.) for 10-12 minutes; freeze until party time, when you reheat for 12-15 minutes at 375°F.

Holiday Meringue Shells
(for 12)

Beat 4 egg whites until foamy. Add ½ tsp. salt and 1 tsp. cream of tartar. Add 1 cup of sugar, 1 Tbsp. at a time. Beat well after each addition. Beat until stiff peaks form. To carry out a color scheme, add food coloring slowly until desired shade is achieved. Shape meringue into round shells on heavy, ungreased wrapping paper which is placed on a baking sheet. Hollow out centers with the back of a teaspoon which has been dipped in warm water. Bake in slow oven (250°) for about an hour, or until meringues are dry. Cool. Package carefully and freeze until needed.

Serve with your own frozen fruit and whipped cream or fill shells with ice cream. Try multi-colored scoops of ice cream in green shells at Easter or for any Springtime affair; leave meringues white, fill with strawberry ice cream and circle with blueberries on July 4; at Christmas tint shells green and decorate ice cream filling with bits of red and green cherries.

We'll let you take the ideas from here — make your combination match the occasion and the season — you'll find a variation for special occasions any day of the year.

Strawberry Cream Cake

(For your favorite Valentine on Feb. 14 or any other day)

1 cup shortening
2 cups sugar
4 cups sifted cake flour
4 tsp. baking powder
1 cup milk
8 egg whites
1 tsp. vanilla

Cream shortening and add sugar gradually. Blend until mixture is light and creamy. Sift flour and baking powder together, then add alternately with milk to creamed mixture. Fold in vanilla and egg whites which have been beaten until stiff but not dry. Bake cake in three greased 8-inch layer pans, in a 375° oven 25 minutes.

When cake is cool, carefully split each layer into two layers. Put cake together with strawberry jam between layers. Whip 1 pint heavy cream until stiff; fold in 6 Tbsp. confectioners' sugar and ½ tsp. almond flavoring. Cover top and sides of filled cake with whipped cream. Thaw and crush ½ pkg. frozen strawberries. Drizzle crushed strawberries over top and down sides of cake.

Freeze cake before packaging in plastic bag or other freezer wrap.

Ann MacGregor Suggests

1. When you're cutting corn off the cob for freezing, try standing the ear in the center hole of a stem cake pan . . . easy to hold corn steady, and deep pan catches all the golden nuggets of corn.

2. Planning to vie with other good cooks in your neighborhood for Blue Ribbons during your county or state fair? Lots of Amana owners bake their bread and cake entries several times, then store in their freezers until Fair Week when the best of the lot is selected for competition.

3. Next time you prepare peaches, strawberries, raspberries, and other berries for freezing, try making some "small fry" popsicles from part of the fruit, using gelatin or popsicle molds. Insert a handle just before fruit is entirely hard. Remember to remove from molds and freezer package.

4. Frozen seafood — so good to eat and so good for you — is important to the calorie counters in your family. Brush thawed fish fillets or lobster tails very lightly with butter. Sprinkle with lemon juice, salt and paprika; broil to a golden brown and serve with a twist of lemon to garnish. The rest of the family will be as happy as your calorie counters . . . accompany with tartar sauce or brown butter sauce for the non-dieters.

5. Thaw a package of frozen peaches, drain well and fold into waffle batter made from a mix. While the waffles bake, combine liquid drained from peaches with some melted butter — for a Mmmmm syrup.

6. Stir up a package of golden corn muffin mix; spoon into well-greased muffin pans and top each muffin (before baking) with two or three chunks of frozen pineapple. Freeze. Perfect to thaw for Sunday breakfast, or to serve with a salad lunch.

7. Popovers from a mix and kept ready-to-use in your Amana will provide the base for many a meal. Split popovers and fill with creamed dry beef, chicken a la king, cheese tomato rarebit, or tuna in a tasty sauce.

8. If you will freeze the suet for steamed puddings, you'll find it far easier to grate or chop.

9. Sandwiches left over from a party? Then freeze them until the day you need a quick lunch. Brush with melted butter and bake on sandwich grill. Even better than before.

10. In the fall of the year, try cider lemonade. Just mix one quart of cider with each can of frozen lemonade concentrate. Serve steaming hot or icy cold. If you serve this drink hot in thick mugs, use a piece of stick cinnamon for a stirrer.

11. Have you ever tried stacking your pies (after freezing) file-style? Just line them up, standing on edge, in the freezer. Tip: place labels on side, so they will be easy to read.

12. Keep your nuts fresh all through the summer months — in your Amana of course. Add just another tip: when your recipes call for chopped nuts, break or chop them right from the freezer. They're nice and crisp and break much more easily.

13. Don't get stuck when you cut up marshmallows for salads and desserts. Keep the marshmallows in a plastic freezer bag tucked away on the miscellaneous shelf of your Amana. (They never get dry and brittle that way.) When you are ready to add them to that special dish, just cut them into the mix while they are still "freezer-cold" . . . never stick to the scissors when you do. .

14. When you bake your apples for freezing, try filling the centers with ground salted peanuts. Baste with syrup, flavored with nutmeg, during the baking. When baked, cool completely and freeze, either in freezer containers or freezer foil. (Reheat in a 300° oven until tender.)

15. When you're taking cold food to a picnic, freeze blocks of ice (or leftover fruit juices, or tea) in clean cardboard milk cartons, pack the frozen cartons around the cold food, and then use the ice-blocks as they thaw for cold drinks. (The milk-carton ice blocks are handy when extra ice is needed for the ice cream freezer, too.)

16. Freeze some garden herbs for fresh-from-the-garden seasoning next winter . . . mint, parsley, chervil, marjoram, thyme — wrap a few sprigs together in freezer foil or paper; combine in freezer bag or carton. Or pack a larger quantity into a compact block (using a vegetable carton or juice can as a container); shave off a little of the frozen block as needed.

17. Do your frozen squash up "brown" — baste the squash during cooking with brown sugar, dissolved in undiluted, frozen orange juice.

18. Cut crusts from not too dry, thinly-sliced bread and make waffle toast. Just brush trimmed bread with melted butter and toast in waffle iron. Freeze until needed.

19. Freeze leftover cake crumbs. Add a little brown sugar and cinnamon for a crunchy topping on an open-faced fruit pie or a quick coffee cake.

20. Tomato soup from your Amana takes to all kinds of Holiday adornment. Could be: salted whipped cream; chopped parsley; star shaped croutons; a single holly leaf scrubbed and lightly oiled to make it glisten.

21. For a warm and cozy dessert: Take slices of your fruitcake from the freezer and toast them under the broiler. Cover the slices with hot applesauce and serve.

22. Glamour for your punch bowl: (Necessary equipment; 1 ring mold and a bit of imagination.) Freeze a thin layer of gingerale in the mold. Then freeze another layer of strawberry or cherry "pop" mixed with a little water and decorate with orange, lemon or lime slices and marashino cherries. Add another layer of liquid, filling mold almost to the top. To unmold, dip the mold in hot water for about 15 seconds. Invert on tray or baking sheet until ring drops out. Slip into the punch bowl just before serving.

A Message from Ann MacGregor

AMANA HOME ECONOMIST

Of course your Amana is wonderful — but we want to make it even more wonderful. We want to do everything possible to help you "make the most" of your Amana from this day on.

In this book we've tried to give you a guide to the "system" of freezer living . . . the way to plan and prepare your meals around the freezer . . . helpful suggestions for saving time and work and money . . . tricks to try and tips to follow.

With your Amana you received the "Amana Complete Guide to Food Freezing". This fact-packed book gives you a wealth of information on purchasing foods for your freezer, preparing food for freezing, packaging and storing.

Then, there's Ann MacGregor's periodic bulletin, "Facts and Fancies", which we prepare exclusively for Amana owners. This delightful-reading freezer digest presents a wide array of timely tips, new ideas and original recipes that are helpful, interesting and fun to use.

Thus, we constantly are striving to give you everything you need to make the most of your Amana. If you have any questions about using your freezer, we suggest you check these aids we've made available to you. Then, should you not find the answers you need, please tell me your problem. I'll be happy to help you.

Cordially,

Ann MacGregor

Amana

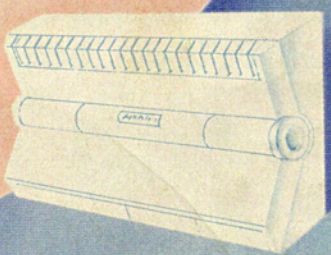
Recognized the world over as a masterpiece of Quality

Amana is the symbol of excellence in the field of refrigeration. Amana Food Freezers, Freezer-Refrigerators and Room Air Conditioners are undeniably the finest that money can buy.

A century-old tradition is engraved in every appliance that bears the Amana name. For more than one hundred years the skilled craftsmen of Amana have kept faith with one inherited principle — *pride of workmanship.*

This is the Amana tradition, and this is the priceless ingredient that makes the name Amana one of the world's greatest guarantees of quality.

Amana
Freezer-Refrigerators



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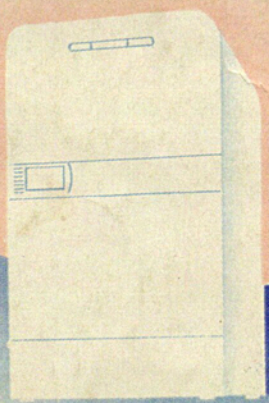
Room Air Conditioners



Amana Food Freezers

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